

elementary psionics

By Charles W. Cosimano

PREFACE

This is a redoing of Psionics 101, which lasted one edition and then was reissued as Psychic Power by Llewellyn. What most folks who read my stuff forget is that the material in the original book is now almost 20 years old and so a whole bunch of it became obsolete with time.

In 1981, Fate Magazine published an article by Joseph Goodavage entitled “The Conspiracy Against Psionics” which implied that the “powers that be” had worked to suppress the study of this stuff and when I read that article the proverbial light bulb went off and I started to work in earnest on a project that had been sort of sitting in my office, a book on basic radionics and psionics, something I had been working with for several years.

It took a few more years to get the book done because no sooner would I write a chapter then I would come with something new and the chapter had to be thrown out, which was a real pain considering I was writing it on a manual typewriter (no word processors in them days! Even if you had one, the printers that were available weren't very good and publishers would not accept manuscripts done on them). Finally, in 1984, I sat down and wrote and finished the manuscript in what was pretty much its final form in early 1985.

At that time I expected Parker Publishing to be the target for selling the book so it had lots of cutesy little stuff in it that Parker and its readers seemed to like but then I got surprised. Llewellyn had decided to come out with its Psi-Tech series and in their advertising mentioned radionics. I figured if they had material coming out similar to mine I had better cover my ass so they could not accuse me of violating copyrights and so I sent a query letter off, not expecting anything to come of it.

I was wrong again! A couple of months later I got a letter asking for the manuscript, so I wrapped it in swaddling clothes, put it in a nice, reed basket and left it to the river of the postal service. And then waited, and waited and waited!

Finally, in March of 1986 I wrote Llewellyn in some exasperation that if I did not hear from them by April 14 I would have to seek another publisher, after all, almost a year is a long time to wait for a publisher to make up its mind! On the morning of April 13 I got a phone call saying they wanted the book and a contract would be on its way! I was about to enter the ranks of the immortals!

Psionics 101 hit the streets in January of 1987, almost 7 years after I typed the first pages. So you see what I mean about time lag!

But time has not been kind to the book. Many of the techniques and ideas of that first edition are hopelessly dated and frankly, it no longer reflects my view of the world very much. I am no longer a young man and with the darkening of my eye there has been a correspondent darkening of my vision. The cheerful prankster

with just a touch of amorality has been replaced by an international terrorist (at least according to some folks) and I'm certain that those who were shocked by my little drill joke now look upon my work with maximal disfavor. Once jokingly called Darth Vader by my friends, I have become the Emperor, an old, little man who longs for his comfy chair and the pleasures of the Dark Side of the Force. In many ways doing this has been a bittersweet experience for me because it has forced me to remember a happier time and a world that might have been.

So this volume is going to be a bit shorter than the first edition, because I have removed a lot of the cutesy stuff that the publishing world of that time expected(oh, I left a few things in because they are still funny) and distilled certain techniques down and simplified them because I've learned how simple they really are. Not only that, but this book is no longer the only game in town as far as teaching tech is concerned so there is no longer the need for the extreme details of the first edition.

But here it is and I hope you will enjoy it.

Introduction

In the beginning was the thought, and thought created a form, and from that came the word "thoughtform."

Ok, I couldn't resist having my little joke, but it is true that everything begins with a thought of some sort. Goethe has his Faust come to that conclusion and he was right, for it is the action of consciousness that gets everything going.

This book is about thought. It is about taking the power of human thought and making it do things for you, not for humanity, but for you. There will be no idealism in this book, no do-gooderness. I am not that type of person. What I am going to do here, in this work, is continue what I started years ago, break the monopoly on psionics that existed for so many years and make it available to the general public. And, maybe, break the back of society at large as well.

Now, as all of you who have followed my writing over the years know, I do not waste my time and yours with stories of people who do psychic things and then have something totally impossible happen, like win the lottery because they happened to find a million-dollar ticket in the street.

A fifty-dollar ticket, that happens. In fact it happened to someone I know and did nothing psychic at all, he just stepped on a piece of gum and then the gum catching the ticket, but a million-dollars, I'll believe it when I see it.

But psionics does sometimes cause the nearly impossible to happen. In fact it has saved my neck on more than one occasion.

I have a rule, coincidence does occur, but some coincidences are just too impossible to be that.

So what am I going to do for you in this book?

This is going to be a very basic text. It is going to teach you how to do basic psychic stuff, like visualization, thoughtform building, psychic transmission and reception, dowsing with a pendulum and how to make and use different machines to help you accomplish these things.

So I want you to consider some things.

The first thing is that there is nothing miraculous or even very mysterious about these powers. Everyone in the world has them and can develop them if they will only take the time.

The second thing is that once you have these powers you can use them for any reason you want. I will place no limits on you. You are absolutely free to make your own decisions with regard to this material and how you will use it. You are

your own judge and no one in this world or any other has the right to tell you how you will use your abilities.

So what goodies are you going to get from this book?

First, the one thing that has at times eluded me, prosperity. Now I know that sounds really stupid, but my money troubles are the result of personal decisions that had nothing to do with psionics and a lot to do with being a terrible procrastinator. And it's always been the psionics that has pulled my rear out of the fire. So I'm going to give you all the information you need so that if you should get into the same sort of messes I get into, you too will escape with a whole skin. Otherwise, as one critic of mine once told me "If you burn your ass, you have to sit on the blisters!"

I'm going to teach you how to make and use the psionic components, machines and thoughtforms in combination, that will bring you the things you need, and the people you need, like my wife! (Well, not MY wife, you can't have her.)

Second, I'm going to give you enough background material that you can strike out on your own and not have to depend upon me. I am going to give you the designs for some really simple gadgets that you can build. There is something to having equipment that you make yourself that cannot be described. When you build your own instruments, you invest an energy into them that no commercial unit can duplicate.

And there is another benefit. By building your own units, you get a far better understanding of what is being done with them and then when you realize that you want to spend the money for the commercial devices, you will be able to get the most out of them.

So what does psionics do for you? Can't you do the same things without the machines?

Well, there are damned few things psionics can do that one cannot do by oneself with no external aid. When I first started writing about this stuff, I was castigated for creating a "crutch," among lots of other things. What the poor devils who were upset with me forgot is that when one breaks one's leg, a crutch can be very helpful. Machines exist to save labor. A man can walk across town, and take three days to do it, or he can drive his car to the same place in an hour. Don't let anyone deprive you of something useful because it does not fit their scheme of things.

In fact, at this point, I should mention something that is unpleasant but must be faced. There are those who profit from ignorance of this material. That is why they worked so hard and so long to keep knowledge of it suppressed.

Some do it from misguided and foolish religious motives. They would like you to believe, as they do, that all psychic power comes from the Devil and his horned

minions. That is probably the most stupid argument ever advanced and anyone dumb enough to believe it can probably be offered a real good deal on a used bridge. Religion is the province of the weak-minded.

Then there are those who feel directly threatened by this knowledge, and in some cases rightly so. A politician is not going to be happy knowing that one person with a radionic box can influence tens of thousands of votes.

Finally, there are those unfortunates who must have the universe fit their neat theories and cannot bear the idea of something going on in it that cannot be taken apart, qualified and quantified. If it does not fit their equations, it cannot exist.

Such people are only fit to be ignored. They will always be around and they are always wrong. In the very early days of the nineteenth century when railroads were just being invented, someone predicted that people would travel at the enormous speed of 40 miles per hour. Now remember that the fastest land travel was by horse and they average eight miles per hour. This was so shocking that a London magazine ridiculed it by saying it was as likely as putting a man on top of a rocket and shooting him at the moon.

There is no arguing with British logic, presupposing of course that you can find it.

Now, for those of you who have never read anything by me before--SHAME ON YOU! Sorry about that, I just couldn't resist it. Anyway, if you're not familiar with me or my work I'm going to tell you a few basic things about myself.

I was not born psychic. I cannot say that when I was three I saw the end of the Korean War. Hell, I probably didn't even know that a war was going on in Korea or even that such a place existed. I was too busy playing in my backyard with the kids on the block and tying up the babysitter. I got into psychic stuff sort of by accident.

I was raised by good, materialist parents who had little use for anything they could not party with. They really enjoyed life and when I was in college I would come home from a date at three in the morning and they would not get back until two hours later. And, in spite of the bible boom of the 1950's, they did not take religion very seriously. We were United Church of Christ, with a short interlude among the liberal Methodists and when a local television station decided to run the classic Flash Gordon serials on Sunday mornings, Dad was all too happy to give up church-going so I could watch my favorite show and he could get some sleep. There were no opportunities to see angels in my house and if anyone did, there would some very serious questions about the quality of the liquor.

I was going to be a scientist. I had my chemistry sets and set off bombs in the backyard (they were actually attempts to create rocket fuel) and my telescope and I still have my microscopes packed away in this apartment somewhere. I was going to be a good little nuclear physicist, because that was the glamour job

back then, much more respectable than the corner bookie, and when I was twelve I got this really interesting present, a lie detector.

Well, actually it was a very simple galvanic skin response meter in a big, green cabinet and I discovered that by doing some mental stuff I could make the needle stay on the truth setting no matter what whoppers I made up.

I also discovered some interesting things that very few people knew about in early 1962, such as biofeedback.

I hated school. What kid in his or her right mind does not? So I learned to give myself a fever. It was actually really quite simple. I would get the needle to its lowest setting and then start thinking I was in a very hot room. Before you knew it my body temperature went from a very cool 98.6 to a slightly roasting 99. I would look at mother, tell her I wasn't well and she would take my temperature, frown slightly and tell me I wasn't going to school that day.

The hard part was spacing the days off so the school nurse wouldn't want to start poking at me.

Then, when I was fifteen I got my Ouija Board. Calm down! Nothing terrible has ever happened because of it. In fact it is standing next to the wall near me and no demons have ever come roaring out of it, which is a pity because that would be really cool. But it was very useful for finding out which girls were attracted to me and thus I could save myself a lot of work chasing the ones who found me repulsive, like most of them.

When I was sixteen I made rocket fuel. Well, I didn't know that. I sort of took up alchemy for the fun of it and got this terrible banging noise which made my chemistry teacher look very serious as he helped clean up the mess. I did not know it, but I had distilled pure ethanol, pure to the point of being somewhat explosive.

Then when I was 17 I got serious about psychic stuff, stopped being a scientist (I flunked math) and got a little book that described the radionic machines in use in Britain at the time, the Delawarre equipment which seemed too preposterous to be taken seriously. Besides, all they did with it was heal people and when you are 17 you don't worry about such things unless you are in really bad shape.

Ten years later, on April 7, 1977, when I built my first radionic unit, I could have kicked myself for not building it ten years before, but it seemed so outrageous at the time.

The purpose of this little exercise in confession is to get you to realize that there is nothing unique about psychic stuff. You may have read tons of books that promised you great powers and how you could get zillions of dollars like Mr. X, but you look at your life and realize it hasn't worked for you. After enough

failures, you may be thinking that all this psychic stuff is bunk and the Amazing Randi may be right.

Well, I know how it feels to wonder when the check is going to arrive. I also know how it feels to have the impossible happen and there are times I think that subconsciously I used to get myself into those messes because of the adrenalin high I would get when I would come out of them with a whole skin.

When all is said and done, the purpose of developing any power is to gain influence over your life and your environment. Power is nothing more than the means to get things done and without it you might as well be living in a dumpster somewhere.

Psychic power is nothing more than that, a means of accomplishing things, making your life work and making other people live their lives to make yours work better. This book will give you the means to do just that and I hope it will give you a few laughs along the way.

So get to work and start reading. You have a lot to do and the new millenium is already here.

PSYCHIC STUFF

By now you probably know that psychic powers, the stuff upon which psionics is based, involve a type of energy. Now there is no real common name for that energy yet, but there are a quite a few people who have come up with different names for what is probably the same thing. And there is absolutely nothing new about this. People have been trying to come up with a word for this stuff since they first started thinking about it, about the time that Ugh the Caveman knew that his brother-in-law was going to ask to borrow the club again and would go hide it because it was two months before he got it back the last time.

This energy is stuff of creation itself. It is the stuff of which the Gods are made and ultimately everything else in the cosmos.

We are used to working with energy all the time. We work with it when we heat our homes or turn on a light. Remember years ago when some idiots actually thought we might run out of it? So the concept of energy is not a difficult one for modern folks. It is when we try to talk about the psychic energies that we get into some real problems.

So let us posit that the energy exists. It had better or I have just wasted some very good writing. By the fact of existing it has certain properties, for example it is a property of light that it causes heat when it hits something. The properties of this energy are somewhat less easy to define, but here are some of them.

1. It totally permeates everything. It exists in all things and through all things. It is inseparable from existence itself. In fact, it may define existence. Everything that exists now, has existed in the past or will exist in the future contains this energy. This is why we get to hold conversations on the phone with dead people.

2. It can be made to, and has been observed to, travel along with electromagnetic energy, the electromagnetic energy acting as a carrier wave, much as a radio signal carries sound or microwaves carry pictures and sound. All radiant energy, light, microwaves, radio, can act as a carrier. It even can be sent over telephone lines. Which is why your dead grandmother can call you on the phone the day of her funeral and scare you half to death when you realize whom it was you were talking to. (I'm serious. It happened to me!) One time I was watching a live television show and something went wrong on the set, which caused the person on the screen to really get mad. He sent a wave of pure fury into the camera that almost knocked me off my chair and it takes a lot to move me.

3. This energy can be polarized and will behave much as light does. It can be made to pass through lenses and be reflected by mirrors.

4. It will emanate from the entire human body, with certain points, such as the eyes, the forehead, the top of the head and the fingertips being the strongest emission points.

5. It has a relation to electromagnetic energy that allows it to be carried over wires without a carrier wave.

This is one feature that can be proven by an easily repeatable experiment. T. Galen Hieronymus, a famous radionic expert who died in 1988, did an experiment in which he took two identical potted plants and placed them in a totally dark environment. To one plant he ran wires which led to the outside and were exposed to sunlight. The other plant, the control, was not so connected. He watered and fed them alike and observed the difference between them. The plant with the wires was perfectly healthy, a state not enjoyed (if plants can enjoy anything) by the other one.

6. This energy can be stored.

In the 1970s, Robert Pavlita created small devices to do just that and caused quite a stir. One device attracted objects that a magnet would not, another one ran a small motor. Unfortunately, relatively few people can make them work, so something about the energy involved was not accounted for. This should not be surprising as we are still barely scratching the possibilities of this stuff.

7. The mind of an individual can be trained to operate this energy at will. This is important, because if it were not true we would be totally wasting our time even thinking about it. It would not be lying to say that its use goes back to the first humans on this planet and there are the popular legends about Atlantis being sunk by evil people who did bad things with it. (That is, of course, not true. Atlantis was sunk by accident when one of my experiments went haywire and my then wife was very upset over the lack of good clothing stores in Egypt after we rowed there.)

Of course the Atlantis stuff is probably only legend and I don't think I really sank it, (though I wish I had) but it makes a fun story so I thought I'd share it with you.

We do know that primitives in various parts of the world still use it, because they have to, and love to make exaggerated claims for it because they love to bug anthropologists. So we have to take them with lots and lots of salt, and maybe a little pepper and just a dash of garlic to keep the vampires away. Even taking that into account, there is a mass of material that is difficult to account for without accepting the possibility of this energy, so accept it we will and get on with the business of relating it to living and working in the physical world.

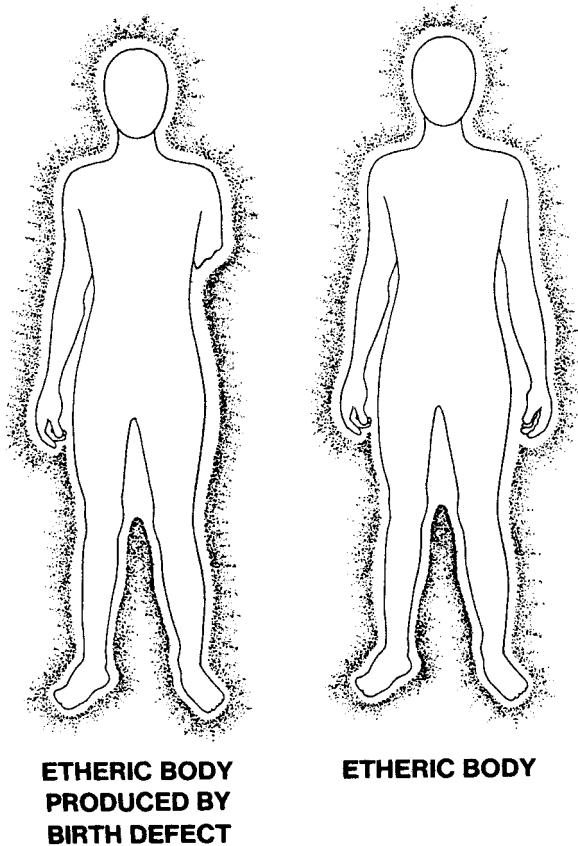
Let us start with the energy fields of the human body. If you take a look at yourself in the mirror, making first sure that the spirit of Eleanor Roosevelt is not looking over your shoulder because you don't want it to explode (Damn! She was ugleeeee!), your body seems like a pretty solid piece of work. In fact for some of us it is just a bit too, too solid (I write as I regard my tummy). You would never dream that this oh so solid mass of flesh is more nothing than matter and that the matter is hung on an energy field like a skyscraper is hung on steel girders.

This framework is called the etheric body and it is made up of the stuff we call psychic energy. And it does not stop there, because in one form or another, this is true of all physical matter. Atoms are nothing more than solidified, slow energy and the energy particles that constitute atoms, one way or another, go back to the energy of the psychic. It gets a little complicated at that point and there is no point in boring you with the theory, just accept it as true for the moment and we can deal with questions later if we have time.

But we can make an assertion about the etheric body because we have some real unpleasant evidence for it in the phenomena of the phantom pain.

If something terrible happens to a person and they lose a body part, like an arm or a leg, it seems that the etheric body of that part does not leave. It sticks around and causes all manner of trouble for the poor person. The individual may very well feel intense pain where the missing part should be, but there is no reason why such a pain should occur. After all, all the nerve endings went with the part.

However, if a person suffers from a birth defect and a part is missing, no such pain will occur. Why should this be? Because the etheric body never formed that part and thus does not react to a loss.



Phantom pain, however, is useful to study because it gives us some idea of the interface between the etheric body and the physical one, in this case, the nervous system.

Remember that there are no nerve endings present. They are gone to wherever amputated parts go (and I don't know that and I don't want to know!). After all, you cannot cut a finger that is not there. In spite of this, there is significant pain where there should be none.

Why?

Clearly there exists a relationship between the etheric body and the physical brain. The nervous system is carrying signals to the part of the brain that says "PAIN" and that part is responding.

So let's go back to the bit about psychic energy being carried by electrical conductors. There are still etheric nerves (or their equivalent) present. They are being activated by something, we have no idea what. They carry information to the interface with the physical nerves and they in turn convey a message to the brain that something is not right in that part of the body. Now, while some people are very smart, the brain is not, at least at that level, and does not know that there is nothing there and thus sends out the message automatically.

Here we get to the real important part of this stuff, the ability of psychic energy to act as a carrier of information. And at this point we have to make just a bit of a leap, so bear with me. We will operate under the assumption that the energy of the etheric body is in some way all-pervasive. This means that the etheric body of one person is connected at some level, by some instrumentality, with the etheric body of everyone else in the world, if not in the universe and this connection is the means by which psychic powers operate.

Will this cure our water addiction? How the hell should I know, but that is not what this book is about, thank badness. But it will give up a working framework for our system.

Let us posit that once a piece of information is placed in the etheric body of the person sending it, it can be directed to the etheric body of the receiver and from there to the nervous system and thence to the physical brain. In some way it will operated the same way as the phantom pain. Thus it is not only possible to send specific thought messages to other people, such as "Send the royalty check!" but also to send emotions, like love and even physical responses. For example, have you ever seen someone get banged up, like a football player who lands wrong, and actually feel the impact? That is what I am talking about. It is not mere empathy, but an actual connection made by the transmission, in such a case involuntary, of the feeling of impact.

When you transmit a psychic message, you transmit it to the nervous system of the receiver by means of the etheric connections.

There is one final and real super important property of this energy to remember. It cannot die. Energy does not die. It may be transformed, but it does not die. It is always there in one form or another. It never ceases to exist.

Now, let us consider this. If your body is made up of energy, what are your thoughts made of? Is it such a great leap to think that they have their origin in energy? If your thoughts begin in your mind, must that not too exist as energy in its original form? So it logically follows that if energy is eternal and your mind is energy, is not then your mind eternal as well? If your mind is eternal, is not then the minds and the thoughts and the knowledge of everyone else that has ever lived or will live in the future also eternal? If that is the case, then all death is the

cessation of a mechanism, something like a car breaking down forcing its driver to walk. Just because the car isn't working doesn't mean the driver isn't.

Now it may very well be the case that over certain periods of time various transformations of the energy body may take place. In fact it is probably wisest to expect just that, for energy can be transformed, but we are not here concerned with that. What we are concerned with is the fact that the energy bodies of those who have gone on before still exist out there somewhere and that means the minds of those individuals continue to function.

This should lead you to the obvious conclusion that if the etheric body of an individual can be used to impart some information to a rock or a hunk of metal or even a piece of paper (it used to be called writing), then it can be used to contact the dead. And indeed it most certainly can. In fact in the psychic world that is still the most common intentional use of it. People are always wanting to talk to their dead relatives, even when they had no use for them while they were alive. Even the great Thomas Edison, before whose memory all inventors, even those who do not have the grand title of Crackpot, bow, had as one of his uncompleted projects a device to communicate with the dead. Such a device is, in fact, possible and I will show you how to make and use it and communicate with those great evildoers of history who have gone before.

Hey! We can all use a little advice every now and then.

So, having said all this, you now have an idea of what the energy you will be working with is like. Now bear in mind, this is hardly the last word on this, probably not even the starting word and as you progress you will discover that. But everything psychic that you do is based on it.

In many ways we are in the same position as the very early experimenters in electricity were during the 1700s. We know there is something out there we call psychic energy. We have oodles of evidence as to its effects and use. We have finally managed to deduce some of its properties. But, due to the primitive nature of both our knowledge and our technology, we are just beginning to find practical uses for it. After all, Benjamin Franklin must have known that the power of lightning could be used to light homes and power machinery, to say nothing of being able to cook popcorn in the microwave, (Al Gore would have told him about the internet but he was too busy trying perfect the wheel.) but he had to be content to stop it from burning down houses, no small feat in a day when the local clergy were convinced that lightning was a sign of divine wrath rather than poor divine insulation, and were thus certain that the lightning rod was blasphemous in the extreme. Of course, it is a good thing to remember that if someone comes along with something that improves the lot of humanity, some religious fool will object to it.

So if a lot of the stuff in this volume seem odd, and the machines primitive, remember that we are standing on one shore, trying vainly to see the other one and hoping that someday we will have the boat that can get us there. But you can't build a boat without learning what will float, so get on to the next chapter. You've got a lot of work to do.

ENERGY WORK

Now that I have explained to you something about the energies we will be using, it is time to get to work and learn how to use them. At this point I can hear you groaning, "Not that tired nonsense again! Why can't I just build the machines and get on to the fun stuff?"

Well, my friend, nothing is stopping you from doing just that but I would advise you to read this chapter first and try some of the ideas herein with my usual marvelous prose. You will find, as I have found and many others have as well, that the successful use of psychic power, even mechanically assisted power, comes from first having a clear mind which is able to concentrate on the use of the machines. Also, there are many operations for which a machine is not even required; simply using meditative techniques can bring about the desired results.

When I say meditation, I do not mean twisting yourself into some ridiculous posture that intelligent beings were never made to get into, nor do I mean indulging in such inane foolishness as living in a yurt and eating nothing but broccoli (may the gods deliver us from such a fate). I will be honest and say that I have little to no patience with those who advocate such things and fervently wish they would go off to the Pleiades to cure their water addiction. (There was a dreadful book written a few years back by some new age nutjar who claimed that the Australian Aborigines were actually aliens sent to cure humanity of its addiction to water. The Aborigines were less than amused.)

What I do mean when I talk about meditation is the ability to calm the body and clear the mind, to concentrate on a given subject and to see certain things in your mind's eye. It is not necessary to practice these things every day, but some sort of regular schedule is advisable and you should do your best to follow it.

It is best to begin by considering your own body, with particular attention paid to your breathing. This is not too difficult as breathing is something everyone does at some time in their life. Merely sit in a comfortable chair in which you can sit without falling asleep (that leaves me out as I can fall asleep in any kind of chair). You should also try to find a place in the house where you are not likely to be disturbed, not because the disturbances are in any way dangerous, but because you may find yourself so enjoying the relaxed state that to be brought out of it suddenly by an offending family member may cause you to lose your temper and murder the poor wretch.

Once you have found your spot, sit rather quietly for about ten minutes at a time. That is how you start; just sitting quietly, doing nothing in particular. While sitting, try to notice how your body reacts. Note that twitch in your right leg. You cannot help but feel an itch in your scalp, so do not hesitate to scratch it. Feel your lungs filling with air, rising and falling, pushing out your rib cage and letting it fall back in.

As you sit, you will notice all of these things. Your body has certain places that are naturally tense. You will hear things you normally would ignore. Now all of that is really not very strange when you think about it. We all have had the experience of trying to fall asleep only to be constantly reminded of some slight creak in the house which during the activity of our waking hours we would not even hear because our minds were just too occupied to notice them.

Pay very close attention to all these things and you will discover something else that is very interesting. The more you listen to your own body, the less you are bothered by the thoughts of the day. This is because your conscious mind can only handle one piece of data a time. If you are studying my writing intently, as you are supposed to, you will not pay attention to the smell of smoke until the fireman breaks down the door. (Which is why you should make sure your smoke detector has fresh batteries.) The more you practice, the more effective the mind becomes at blocking out unwelcome stimuli.

After you have done this for a week or two and it is starting to get really old and boring, it is time to add something that will control your mind still further and that is a mantra.

Don't panic! You don't have to try to remember something in Sanskrit that translates roughly, "The Sacred Cow has defecated on the Jain in the Garden of Vishnu." All a mantra is a set of words or sounds which you think in order to keep other thoughts from intruding.

Sit comfortably. Try to breathe regularly, in a set rhythm, but do not become overly concerned about that. Your body has its own rate of breathing that it likes and if you upset that rate your body will get upset at you. I remember when I thought it was necessary to breathe in a certain way in order to attain a fully relaxed state. The results were anything but relaxing. My heart began to pound fiercely and I had to abandon the exercise for fear of having a coronary. Just breathe naturally, not forcing yourself into any set pattern. Your body knows what it is doing, so trust it.

Notice each time you breathe how you inhale and exhale (not that you do inhale and exhale, you already know that!). If you are not doing this, start very quickly otherwise you will be dead very soon and I can't afford to lose any readers. Now pick a couple of sounds. The Indians of India, or at least some of them, use the sounds so and hum. These are nothing more than an approximation of the noises the breath makes as it enters and leaves the body. They also have two other great advantages. First, they are very easy to remember. Second, they don't mean anything so you won't have to worry about invoking the feces of the Sacred Cow.

It works like this. As you inhale, think the sound so and as you exhale think the sound hum. Just do this while you sit and you will notice that by doing this you

can block out all manner of wandering thoughts which can disturb you, like the mountain of bills on the desk.

Practice this for about a month. You should, by that time, discover a few definite changes in yourself. First, you should be able to think more clearly. Second, you should be more relaxed in your everyday life. That is not to say that you will not have any upsets; far from it, but you will be able to handle most of them far better than you do now. Finally, you will be able to blot out from your mind any unnecessary worries that might creep in. Worry, incidentally, is one thing which is not only unnecessary, but also dangerous. It creates thoughtforms that can attract to you the very things you are worrying about, as you will discover soon when I explain them.

But the main reason I am taking the time to teach you this technique is not to improve your mental health. That is a side benefit (no extra charge). Meditation has the added advantage of putting your mind into condition to be better able to manipulate psychic energy.

Why should this be?

Understand that your mind is constantly putting out this energy. Every second some part of your consciousness is transmitting into the etheric body and thence to the psychic world. Most of these transmissions come to nothing because there is not enough energy behind them to hold them together. The thought message goes out and immediately dissipates into the ether. It is like a clump of dirt. When the clump is moist, it has a cohesion which will hold it together in a breeze. But, let it dry, and the wind pushes at it, pulling away small parts until there is nothing left but the dust floating in the air, capable of getting the neighbors' laundry dirty (why she can't buy a drier like a civilized human being is beyond me), but little else. So it is with the energy of our thoughts. It is only by being able to concentrate this energy that we are able to make it do any work. To use another analogy, there may be more kinetic energy in a good rainstorm than in a slow moving stream, but the stream can be made to run a turbine while the falling rain does little more than water the shrubbery.

With that in mind, we will now (or rather you will now) learn how to make thoughtforms and to concentrate psychic energy. This is going to take some time and practice, so I advise you to be patient. In the realm of the psychic there are no more free lunches than there are anywhere else.

In order to concentrate, you must first have something to concentrate on, and by that I mean a concrete, physical object, rather than some abstract idea. Abstracts do not make good thought-forms. Take a pencil, for example, and study it. Try to notice as many different things about it as you can. What is it for, what is it made of? What other things can it be used for besides its intended purpose? All the things which make it a pencil rather than a cabbage should be considered (like how do you write with a cabbage?). Now sit back in your chair

and relax. Begin your mantra like you always do, repeating so and then hum, breathing in and then out, completely naturally, until you feel that you have somehow managed to cut yourself off from the rest of the world.

Continue in this state and close your eyes. Now comes the hard part. Try to see the pencil in your mind's eye and hold it there as long as you can. You should find the experience to be a little disappointing at first because the pencil will refuse to stay put. Remember to try to really see the pencil, not to merely recite the word "pencil." The image will flit in and out, with different parts appearing and disappearing. You will see the point and then the eraser. You may see nothing but the name of the company printed on its side, only to have the image leave completely to be replaced by the smiling face of an old girl-friend. This is all perfectly natural and is an excellent indication of the way the mind works. It also explains why it is so difficult to create a working thought-form. And now you also know why all those teachers who simply tell their pupils to visualize something are all wet. If it is this difficult to hold the simple image of a pencil in a prepared mind, how much more trouble would a completely untrained person have holding the image of a person or complicated object or action. Now you understand why most of the books that have been sold on this subject failed in their purpose. They made demands which were impossible for an untrained person to fulfill, and also neglected the preliminary training..

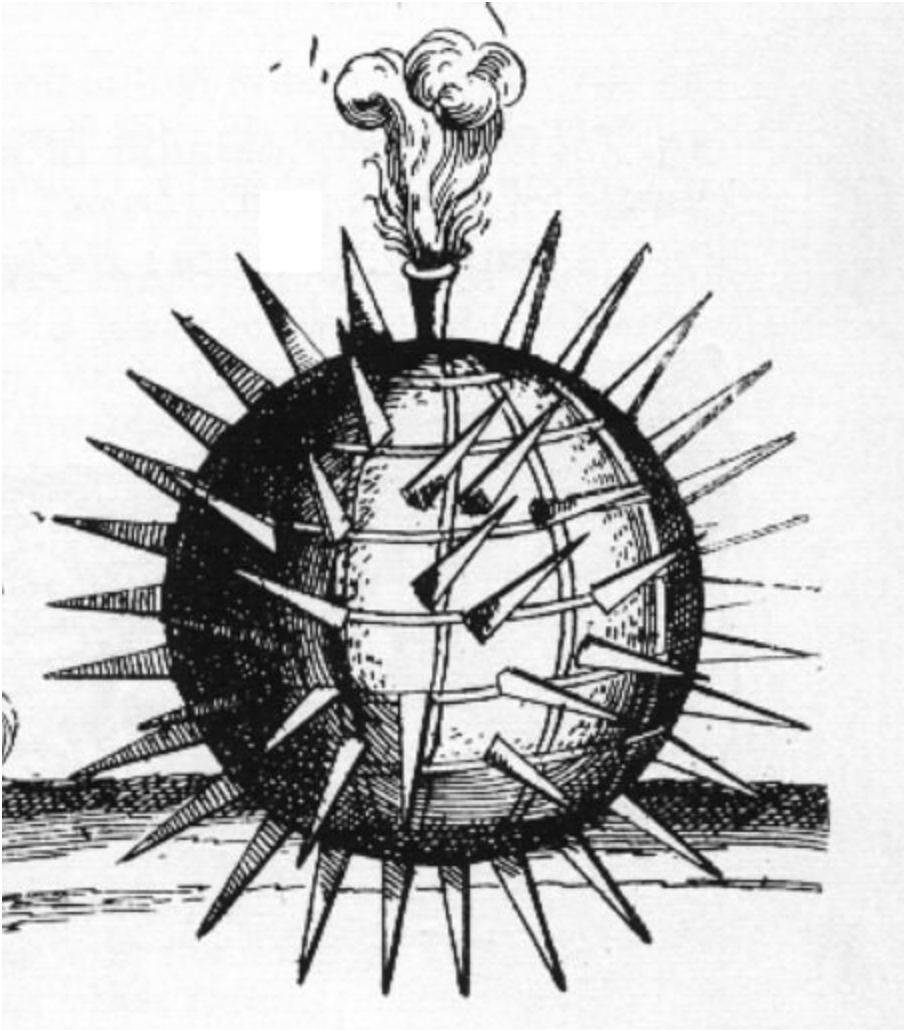
Keep working on the pencil, and above all else do not be discouraged by failure. It took me some years to completely master the technique but I was easily distracted. I wish I could tell you just exactly how long it will take to get this down to the point where you can do it at will; unfortunately everyone is different. The best advice I can give is to keep at it.

After you feel that you are able to hold the image of the pencil in your mind for, let us say, five minutes, you may proceed to other things. Take a coin and do the same thing with it as you did with the pencil. You will find that once the ability comes, it grows ever easier with practice, and it will take you far less time to hold a complete image of the coin than it did for the pencil.

Once you have sufficiently mastered this practice to your own satisfaction, you will be ready to create your first real, deliberate thought-form.

What is a thought-form?

A thought-form is a hard clump of psychic material, as strange as that idea may seem, and in the pre-physical world in which it functions it will be as solid as a rock, but a rock which will constantly be radiating energy, and it will do so until the energy which is fed into it as its creation is exhausted, kind of like psychic uranium.



Sit comfortably. You must now prepare yourself to work with the stuff of the psychic world, and that means following certain forms and techniques, just as working in the physical world means a certain preparation, if only to turn on the computer before typing.

Begin to meditate. Use the mantra to clear your mind of the troubles of the day. There must be no outside interference with this, so get anything that will cause you to lose your concentration out of your head. Do not consciously will such unwelcome thoughts to leave; that will only impress them further. It is much better to simply ignore them and think your mantra.

Continue with your mantra, feeling your body detach itself from your surroundings. You should have your eyes closed at this point. If they remain open, you may actually notice a change in your perspective of the room you are in. Continue in this state as long as you wish.

Now it is time to begin the visualizing. In your mind, see a beam of light coming into your body from the ceiling. Concentrate this light in your body, feeling

yourself being filled with the light as if you were a bottle being filled with water. Hold the light in. It may even help to say something to yourself like "I fill myself with the energy of the universe."

Now, see this energy forming itself into a ball in front of you. Keep packing the light into the ball so that it becomes more and more solidified. Make a wish, any wish, and put it into the ball. Then release it like a bowling ball into the void.

At this point I have to put in one of my very rare words of caution. You will probably get exactly what you ask for, even if you do not know why you are asking for it. Therefore, it is of absolute importance that you never, never under any circumstances create a thought-form when you are feeling depressed. All this will do is make matters worse, because worry is one hell of a form of concentration, and thus the things you worry about are made more likely to happen. In my last financial crisis, I made it a point to have friends do the psychic work for me so I wouldn't sabotage myself.

But let us not dwell on such unpleasantness. You have made your first thought-form, and if you have done it correctly, you should notice some tangible results. Let us now consider how you may use this new-found ability for your benefit.

One of the most important things you have learned with this practice is not merely the creation of lumps of psychic matter. You have also learned a technique which can be used to program your own etheric body to make it attract to you those things you desire. If, even after all this, you still have doubts about the existence of your etheric body, here is a simple experiment that you can do to prove to yourself that it does, in fact, exist. All that you have to do is to take your right hand and move it very slowly about an inch over the back of your left hand. Did you notice a slight feeling as if there were an air current in between your two hands? That feeling was your etheric body.

Now walk over to a plant, any plant will do. Hold your hand out over a leaf but do not touch it. Now, very slowly, move your hand across the leaf. The leaf will move, following your hand. That was your etheric body again, this time moving against the etheric body of the plant. But you are going to do more than that. You are going to learn how to control your own etheric body so that it can effectively extend itself to touch other people at a distance.

As you sit in your chair, begin to meditate as you always do. When you feel yourself relaxed, close your eyes and try to see yourself. Sometimes it helps to sit before a mirror when you begin until you get the visualized image down. Remember that visualization takes time to learn and you may find that you have more difficulty with this than with you did with the previous exercises. Do not, however, let yourself become discouraged because it will come if you keep at it. It is something like learning to drive. At first, everything is an effort, but with practice it comes as naturally as walking.

When you are able to see yourself in your mind and hold the image, you will be ready to for the next step. To this point, you have only been visualizing your physical body. Now you will add the etheric body to the image. You do this by surrounding the image in a glowing light. It does not have to be too strong a glow at first. You can, if you wish, build that up later. While you do this, think to yourself, "I am seeing my body. This image is my psychic body and my physical body. I see the energy field around my body."

Continue to practice this until you can, at will, sit and visualize the energy field of your own body. When you are able to do this, you will be ready for the next step.

Sit and visualize your body with the energy field of your etheric body shining around it, making your body look like a human shaped neon light. See the light coming down from the ceiling, bathing your etheric body, making it glow even brighter and brighter. Know that the glow of the etheric body is the radiating energy of the that body, and everything that this energy touches must be affected by it in some way. You are, for all practical purposes, setting up a magnetic field around your body which will attract to you that which you desire.

So the big question that immediately comes to mind is what do you do with these marvelous little things? Well, let me give you a couple of ideas.

People are, by their very nature gregarious. Like wolves, they run best in packs. People are terrified of loneliness, almost as much as they are of speaking in public, something that has never bothered me very much, but then I've never had my pants fall down either, which may be what they are really afraid of. Anyway, even the hermit in the backwoods secretly desires the day when he can return to his fellows instead of trying to blow them up.

There is a problem with this, however. The way our society is constructed it is very easy to become totally isolated, even in the midst of a mass of humanity. All it takes is to be placed in a situation where one cannot connect with one's fellows. This can be true of everyone and if the natural desire for a mate is combined with this state of affairs, it can be very troublesome indeed. This is one situation where a thought-form can come in handy.

The first thing you have to do is program your etheric body to bring you a companion. This is begun by making out a program. You have to have some idea of the ideal companion you want to have, but you don't want to micromanage it. The more detail you put into a desire, the more you limit the possibility of it coming true and while it still may, it may take some time.

So once you have made out a short, very broad list of the type of partner you are looking for, and please try to leave the word "rich" out of it, because that complicates matters terribly, you sit down and begin to meditate. Visualize first your physical body and then add the etheric layer to it, feeling it glowing and growing around you. Visualize light coming into it and making it glow terribly

bright, so bright that if the lights were turned out you would glow in the dark and people would start talking to you in Ukrainian.

Now comes the interesting part. See the energy radiating back into the universe. After all, you don't want to so pack yourself that you combust. As you do this, repeat to yourself "I am the source of all love and attraction. I am a powerful source of magnetism and anyone who comes into the range of my field is drawn to me as an iron filing is to a magnet. They cannot resist this power and they will come to me. I am irresistible."

Your etheric body is now acting like a magnet, a very big magnet and all you have to do to put into action is to use your imagination.

Visualize yourself moving among the type of people you wish to attract and see them being bathed in the power of the magnet, the light of your etheric body. Know that as they are being so bathed, they are being inexorably drawn to you, being totally interested in you and everything about you.

This exercise will serve a double purpose. First, you have programmed your energy field to interact with the energy fields of others for your own purposes. Second, you have trained your mind to work in the presence of other people, one of the hardest things to accomplish in this work because of all the distractions around. The idea is to make the function as automatic as possible, then you don't have to worry about it. You can be the general in World War I who set up the battle and then went fishing, except your stuff will work. The more you practice, the more automatic the process will become until you will not have to do anything except reap the benefits.

Now, suppose you do this and you get a particular subject that you want to bring into your life, but for some reason the opportunity to connect just never quite gets there. This is where a working thought-form will come in handy, so go back a couple of pages and review the method for creating one. Go through the procedure, but this time, as you program it to bring you the individual you are aiming at, give it a name, like Egbert. It is actually best to give the thought-form a name that you are not likely to encounter in everyday life. That way you don't accidentally program the thought-form with qualities of a person.

While you are visualizing the ball hanging in the air, instruct it very clearly and concisely in what it is supposed to do. Then release it into the void and let it work.

One little matter of some importance. Never expect a thought-form to do more than one thing. They are not very bright and you will only confuse it and nothing will happen.

It may be necessary to repeat the procedure as thought-forms do run out of gas after a while and sometimes it takes more than one to do a job. If that is the case, do not be hesitant to create another one and send it out, and another one

after that. I make it habit to send out a new thought-form every night when I am trying to accomplish something important.

Once you have mastered this method, you may go onto other and even more interesting things.

As I mentioned in the earlier chapter, the energy is emitted by certain parts of the body and the eyes and the fingertips are the best. You can learn to control and direct the power that comes through these parts and put it to use. Like all of these things, while it is easy once it is mastered, that mastery can take some practice, so do not be discouraged if you do not get immediate results.

Use your skill at meditation to examine the energy flow in your body. Now I know that sounds a bit scary, because you have never done it before, but it is not as hard as it sounds and once you know how to do it, you never forget. It's sort of like riding a bicycle. You fall off a lot and then one day you are riding in and out of traffic giving heart failure to the parental units.

As you meditate, see your etheric body. Now look around your body in your mind and try to see the emitting points and the ones that are stronger or weaker. You will want to balance this, so visualize energy going into the weaker points, bringing them up to the same strength as the stronger ones.

Repeat this exercise for at least one week before trying to put this energy to use.

Take an object, the old, reliable pencil is perfect for this. Lay it on the table in front of you and begin to gaze at it. Don't try to avoid blinking, but just gaze comfortably at it and as you do so, visualize the power coming from your eyes and filling the pencil with energy. Continue this until you can almost see the pencil glowing and causing people to wonder if you imported it from the Ukraine.

Once you have finished doing this, place your hands over the pencil. You should feel a slight, but definite warmth from it and you may even feel the same thing as when you felt your own etheric body.

There is a very simple machine that you can build that will enable you to practice working with this energy. You will need a small piece of cardboard, a pin, and a drinking straw.

Push the pin through the center of the cardboard so it will stand up straight. Now, carefully push a hole in one spot on the straw, at the center, being careful not to penetrate the other side but large enough that the straw can turn with little friction. Balance this on the pin, so that the straw can spin freely. Be certain that you place the little device where there is no breeze blowing, and that means away from heat registers as well. You want as few air currents around as possible.

Now just sit and wait for the straw to stop moving. It will do so naturally so be a little patient. When it is perfectly still, slowly and carefully move your right hand to within a few inches of one end. Now be very careful. You don't want to touch the straw because if you do you will knock it off balance and, as you have by now already discovered, it is a real pain in the rear to get it set right in the first place. You also have to be very careful to avoid setting up an air current around when you move your hand. You want that straw as stationary as a rock when you begin.

When your hand is in position over the straw, it should begin to turn, slowly at first and then faster, either towards your hand or away from it. Once you have this response, repeat the procedure with your left hand and see what it does. Usually the straw will turn towards one hand and away from the other.

Once have gotten the thing going with the energy from your hands, it is time to see what the beam from your eyes can do.

A lot of material has been written about the eye beam and many interesting claims have been made for it, but there is no substitute for experience, especially in the realm of the psychic.

With the straw at rest, sit quietly and gaze intently at it, willing it to move. If you can imagine a beam coming out of your eyes and converging on it, pushing it, so much the better. After a few seconds of this, the straw should begin to move. Sometimes it can get up enough steam to turn completely on its axis, but that is not necessary.

The little gadget you have just played with is nothing more than a confidence builder. Back in the 1970's during the fake energy crisis, there was some nonsensical talk about harnessing this power to do things with serious machinery, but of course nothing ever came of that. Can you imagine lots of people doing nothing but staring at little rotor things to try to generate power? Even Ralph Nader isn't that nuts.

But now that you know in a very concrete way that you can get results, it is time to move on to more productive and interesting things, like working with living, breathing human units.

I'm sure you have heard of the famous old practice of staring at the back of a person's head and seeing if that person will turn around. And they usually do. But let us be honest and admit that that is a very boring way to practice and if the person turns around and stares back at you, possibly embarrassing. This is a much more fun way to practice your powers, annoy a total stranger and shock all the good new-agers who hoped that I had outgrown this little exercise.

First, you must betake yourself to a lecture. Now I know that that is a terrible thing to ask anyone to do, unless I am the one talking in which case you should look forward to it with unspeakable joy. But my lectures are far too interesting

and entertaining for this because you would be so entranced by my ineffable wisdom that you would forget all about the exercise and we can't have that.

Take a seat near the rear of the hall, so that you have the pick of victims sitting in front of you. Now, as the speaker drones on, stare at the back of the neck of a person in front of you, where the skull meets the neck, and visualize a drill boring into the back of the neck. See your energy field form the drill and watch it grind into the person. You should begin to notice, after a short time, that he has a hard time keeping his mind on the lecture and will begin to seriously fidget and may even take an aspirin.

Sound's like fun, right? You should have heard the howls of outrage when I first wrote that and that is why I have kept it in. The fellow who ran Borderland even called me to remonstrate with me and attempt to guide me back to the path of new age righteousness. It was wild! In the words of Oswald Spengler, "When one has an opportunity to annoy people, one should do so."

You may experience some difficulty visualizing the drill with your eyes open, but do not be discouraged by that. It is a skill that sometimes takes a bit of practice and even if you do not actually see the drill, merely knowing that it is there is usually sufficient to get the work done.

Once you have done this a few times and you notice that people are unwilling to sit directly in front of you, it is time to move on and send simple messages. Now the operating word here is "simple." You will be working where there are people around and you do not have time to create any elaborate visualizations. All you will have time for is to send a one word command that can be released like a burst of power, such as "turn," or "run," or my favorite "trip."

This is one skill you need to practice at home before trying it out in the big, wide world. Stand in front of a mirror and stare at yourself. Now, while you do this, try to see your etheric body glowing. You want to look like you just came off of a Russian submarine, just glowing with health! When you have got the feeling of this, that you know in your mind that your etheric body is radiating energy like a lamp, stare at the reflection of your eyes. You may notice some strange feelings, but ignore them. You are just not used to the image of two eyes staring back at you as intently as you are at them. Now, send energy into the mirror. Remember that this energy can be reflected by mirrors, so it will come back to you, so keep it a nice, happy energy. You will feel something different at this point, but as each person is different in this regard it is impossible to say what.

Once you have worked on this for a while, go out into a crowd, any crowd will do. After all they are uncomfortably easy to find. Now pick a victim, any victim will do. They are pretty easy to find to, just ask any mugger.

Once you have your mark (egad, I'm beginning to sound like a pickpocket!) making sure that he or she is not distracted, like being involved in a heated

conversation with a traffic cop, fix your gaze on the person, preferably from the rear. I know it works better if you can aim directly into the eyes, but there are some serious cultural problems with that sort of thing and so I advise you to shoot the person in the back.

Decide on the command you will give. Fix your gaze and send out the energy, feeling the stuff of your etheric body expand and flare out from your eyes to extend in a long, thin line to the target. Again, you do not actually have to see this, though it helps, merely know that it is happening, that the energy is going forth and acting on the etheric body of your subject. You may even feel the energy leave you, just as Jesus is said to have felt the energy leave him when the woman touched his robe (which was nothing compared to what he felt leave him when she touched his—CHUCK!! STOP THAT!). In any event, the person should respond to your sending by doing what you wish, but there will be times when that will not happen. If that is the case, do not give up; pick another victim and blast away again. Remember the old FBI motto: "If you keep shooting, you're bound to hit somebody."

Now I get to show you a more practical use for this latest ability. Let us say that you are at a party and you are having a thoroughly miserable time because you are alone and likely to leave it that way. Across the room is an unattached, perfectly gorgeous person whom you would sell your grandmother's grave to meet.

Fortunately, nothing that drastic is required, which is just as well because finding a buyer for a used grave is pretty hard to do, at least in this country.

Get away from the general commotion for a few seconds, which may be all you may get, and begin to fill yourself with energy. Feel the etheric body begin to expand and glow. Know that that glow is increasing in brightness and that if the lights went out people would be able to read by the light you are emitting.

Fix your gaze on the subject, trying to catch the eye if possible, and then transmit. As you send out your energy, exhale, strongly. It is well known that exhalation increases the strength of the muscles, which is the reason for the famous karate yell. The same principle applies here, but do not yell or you may get the opposite results from what you want. By exhaling as you transmit, you will increase the power of the transmission and the chances of success.

Once you have the person's attention, choose your word of command. Remember, keep it down to one word. It is best to have chosen this word in advance because the situation may be such that you will not have time to think of one. Stare at the person for a couple of seconds. You can probably get away with that in a social context at a distance. While staring, shoot the beam directly into the eyes of the subject while thinking your command and then approach the person. If the circumstances are right, you may not have to do that. The person may approach you.

Now comes the hard part. After the initial approach is made, do not do anything more with your psychic energy until you make sure you want to continue with this person. It may be you will meet someone and discover an instant, mutual distaste, so it is a good thing to remember that one of the most important things to know about having a power is knowing when not to use it.

It is at this point that I can some of you grumbling that this is a waste of your time. I can hear somebody thinking "I'm happily married." Or someone else is saying, "I've got four girlfriends now. What do I need with another one?"

Well, there is something everyone, especially writers, need and that is more of the green, folding paper, without which life is just not worth the bother of living. Money may be considered by some who can afford it to be the root of all evil, but the evil that money is the root of is benevolence itself compared the evils that come from the lack of it. Let us be honest and realize that more sleep is lost and more dinners ruined by a lack of money than by any other cause. After all, if your mother-in-law dies while you are cooking dinner, you can always just dump the body in the corner until after you eat, but if the bills have to be paid, that is a serious problem. When he presented his peculiar ideas about geography to the Spanish court, Columbus cinched the argument by saying, "Gold is most excellent. With gold all things may be obtained."

The first prerequisite to getting your psychic powers to bring you money is good, old-fashioned greed. Now don't be shocked by that. I know it has unfortunately become fashionable to attack greed again by people who have so much money that they don't know what to do with it, but remember that if it were not for greed there would be no human progress. It is the motive of wishing for wealth that caused Columbus to sail over the edge of the world and land upside down in America (well, maybe not upside down, but it sure turned the world that way). It is the motive of greed that causes people to start business and invent things, to bring about a betterment of the human condition. You cannot obtain what you do not first desire, and you must desire it in as positive a way as possible. Now by positive, I do not mean some gushy, disgusting nonsense about helping humanity. The greatest fortunes have been made by those whose only desire to help humanity was over the nearest cliff. No, by positive, I mean that you truly desire wealth without that desire being polluted by worry.

And here you go doing unauthorized thinking again! You didn't know that it was that loud, did you? Well it is and I can hear it. You're thinking that you really are worried because if you don't pay back your brother-in-law the thousand dollars you owe him, he'll sell your daughters into white slavery. Do you know what happens when you think like that? You create a thought-form that will bring about exactly the thing you are worried about. And that is precisely the sort of thing that is keeping money from coming to you. Believe me, I know from experience. And in my case the worry was so bad that I had to farm the psychic work out because I could not stop worrying.

How people think about money has a lot to do with how they get it. Let me explain it like this. Before the stock market laid its famous egg in 1929, there was tremendous economic activity. The businesses were booming, the factories were spewing goods as fast as people could buy them. The president was making a fortune on his vacuum cleaners. (That's a joke. Think about it.) All the facilities and staff that were present before the crash were there after it.

So what the hell happened?

The minds of the people became so paralyzed that people literally did not believe that they were still there. I know that sounds nuts but people were REALLY stupid back then.

The same applies to money. To bring money in, you must first start thinking of yourself as being if not rich, then at least prosperous.

Look around you. You have your health, and no, kidney stones and the sniffles do not count against that. As long as your brain is functioning that is what counts, because that is what really matters. All else is a messy appendage.

You have this book, which is a very, very valuable piece of merchandise indeed, because the stuff in here is going to help you. You have a capacity to learn.

No matter how poor you think you are, you live in luxury compared to the kings of the past. Louis XIV would have given half his kingdom for an air-conditioner, to say nothing of a flush toilet. You have to get past the immediate circumstances realize that whatever else you may be, you are not poor, broke maybe, but never poor.

So what I want you to do is every night before you go to bed, silently or aloud, catalogue those things which you possess that you would count as wealth. Every time you do that, you will program your mind to think in terms of being rich.

Remember: wealth attracts wealth. Success attracts success. The reason people get rich is because they think that way.

Okay, that takes care of the first step. As soon as you notice your attitude changing, and believe me, you will notice it, you should begin to meditate on the subject of wealth. In the course of your meditation, imagine yourself in possession of all the material things you want, the good car, the big house. This act of imagining is very important because it creates the thought-form in your own mind which will ultimately bring those things to you and transforms money from an abstract concept to a concrete reality. You should avoid the mistake I made of visualizing a large check, and stick to the objects.

At this point it is time to begin to charge the etheric body to bring money to you. As you meditate, see the light that fills your body make your etheric body radiate

a gold or green light. These are the colors most associated with wealth, so these are the colors you must use.

See the colored light fill your body and bring with it the capacity to make money come to you seemingly out of thin air. This works. You cannot imagine the number of times I have done this and sources of money have just appeared, out of nowhere and my friends sort of stare at me and say that they can't believe I did it.

Perform this exercise every day until you see results. They may not be as spectacular as mine, but they will be there. And do not get discouraged. Some things take time.

As you continue to charge the etheric body this way, you may begin to get hunches about ways to get money, hunches that pay off. Now, important here, this is not to suggest that you go to the race track and put your mother's life savings down on a long-shot because you have a hunch about the horse. Use some of that terribly uncommon common sense you have. What you should get are definite ideas on how to make money. You may dream of a certain job, or someone who is going to hire you and then find ad for that job in the paper. If that happens, go apply. The worst thing that can happen is they'll say no. And if that happens, try something else. Do not get discouraged, at least for more than a few hours at a time, because it will happen on occasion. Keep trying. Learn to trust your intuitions and soon you will learn that they can be quite accurate.

Suppose you have a possibility of getting a job, or you are going to try to sell something. You must prepare yourself and the ground for it. The day before, imagine yourself talking to the person whom you wish to impress. At the same time, imagine him or her being totally impressed with you and listening attentively to everything you have to say.

Repeat that image when you get up the next morning. Build it in your mind and when you walk through the door, you will have tremendous confidence.

You should also use your etheric body. Before you go in, meditate and fill that body with energy. Fill it up and keep it stored in you. Then, when you finally see the person, send the energy out of your eyes like two laser beams, burning directly into his brain. Imagine that these beams are burning directly into his very soul, driving the message through like a heated nail. With practice, you should be able to do this instantaneously. You are, after all, working with the speed of thought, so it is not necessary to transmit for very long periods of time. In fact this is the sort of thing that is best done quickly if at all.

Sometimes you will be lucky enough to have met the person you are going to deal with before you make contact about your latest proposal. If that is the case you can soften him up with a preliminary bombardment. OK, I know that analogy may bother some folks, but that is literally what you are going to do. You are going

to use your psychic power in exactly the same way an army uses its heavy artillery. You are going to stand off and work from a distance and soften him up before moving in for the kill.

Again, you sit and meditate. Relax yourself as best as you can and by know you should be pretty well used to doing that sort of thing. Do your transmitting with the assurance that everything you send is going to burn into his subconscious and program him to respond to you.

Then comes the question of what do you send.

Rule one: Do not send a command. This is a person whom you want to like both you and your ideas and you have something to lose by the rejection of either. Commands in this context can backfire if they hit at the wrong moment. This is not to say that they should never be used, but you want to be sure, so couch your sending with nice, warm fuzzy (GAACK!) thoughts that are soothing and complimentary.

Rule two: Unlike the meeting situation, where you have to act as quickly as possible, you should be willing to take your time about this, and send as often as you can, for as long as you can.

As you do all this, try to see the person as clearly as possible. See him as a happy, very receptive individual who is only too happy to meet you and listen to your pitch. Think that you will be equally pleased to renew the acquaintance, and send your thoughts in such a way as to convey this.

Incidentally, this is a good way to cover those little embarrassments that befall us from time to time. If you have managed to offend the person, just keep thinking to the person how much like him or her and you may be amazed at the results. Everyone who has read my material knows that I am nothing if not outspoken, so I have had many opportunities to do this.

Now for a little word of warning. There are times when, in spite of our best efforts, the results are not what we expect them to be. It is absolutely imperative that you do not be defeated by such failures. Much as we would like to pretend otherwise, no system is foolproof and you may have spent a lot of time wasting good etheric energy on a fool (pearls before swine, as it were). Or, it may be that what you are trying to sell does not meet his needs, like refrigerators in Antarctica. You must never interpret a less-than-positive response as any failure on your part, at least as far as the use of psychic power is concerned.

This brings us to one of the most powerful psychic tools you can put in your toolbox, the stationary thought-form, or as I call it (and get into all kinds of trouble for doing so) the psychic land-mine.

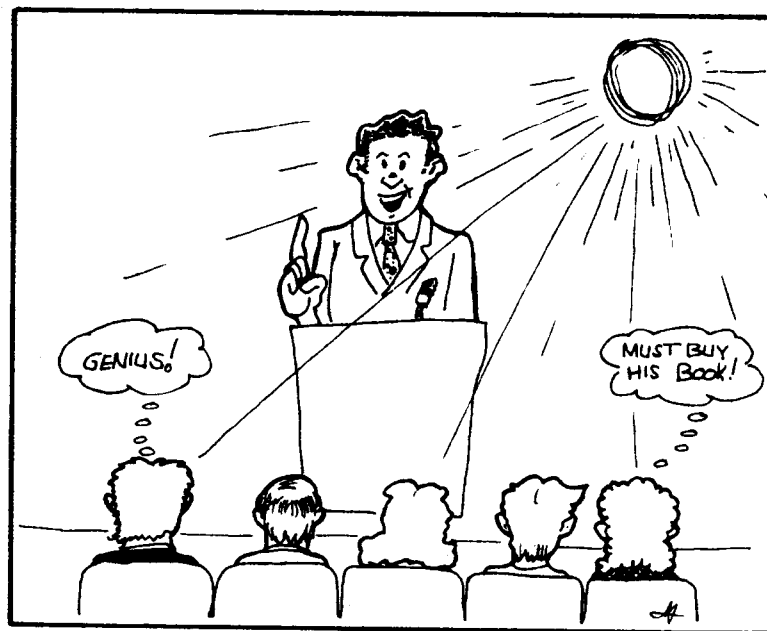
It is possible to charge an area with psychic power. You can charge any place, or anything, for that matter, with enough energy to influence anyone who passes

by it. There are even those lucky individuals who have enough power to make a thought-form that is visible to people out of virtual thin air, but we are not even going to try that, and in most cases that sort of thing is very counterproductive anyway.

I have already explained how to create a small thought-form and send it to a specific person. Now you are going to do much the same thing, but in this case instead of hitting a given individual, it is going to affect everyone who passes near it.

This is actually a very simple process and well worth the few minutes it takes to learn it, so let's go back to the lecture hall.

Let us assume that you are going to speak on some arcane subject, like the relationship between the tarot and the commodity market. You can be reasonably sure that everyone who comes to hear you will be at least slightly interested in your topic, but as you are going to approach it from a slightly unconventional point of view, you are not sure how well it will be received. (Hooo Haaaa! Don't I know about this!) To deal with this, you can use a stationary thought-form.



To begin with, you should have a pretty good idea of how the hall you are going to speak in looks. If possible, take a look at it in advance.

You create the thought-form by the usual methods, but this time you put it at the ceiling, over the audience like a lamp. In fact, if you can see it as a lamp, that is so much the better. See it glow with the light you put into it and charge it to keep

glowing, making everyone who is bathed by it receptive to what you are saying to you and your ideas. See the lamp illuminating the entire hall, leaving no corner uncovered.

Charge this lamp-form as often as possible, always adding to the charge the command to make everyone who comes into contact with it like you.

So what will happen with this? On the day of the lecture, the audience will come in and sit down, not realizing that each individual mind is being manipulated by psychic energy to look favorably upon you. As the beams play over their etheric bodies, they will find themselves instinctively liking you and what you have to say without even questioning why.

There are myriads of other uses for these excellent tools, the number and type of them being bounded only by the imaginations from whence they spring. There are a few basic rules for their use and they are quite easy to remember.

1. You must be certain that you really want the results that you are programming for.
2. You must keep all commands as simple as possible.
3. You must always phrase the command in a positive way, never using a negative in a statement of purpose.
4. You must remember to keep charging the thought-forms for as long as you wish them to function.

Now, all this may have the appearance of a complicated, psychological game. If you believe that something is going to happen, it will, that you will act unconsciously in such a way as to make it happen. That is all very good as an argument, but you should also take into account the fact that even if you act on an assumption is no guarantee that of the fact that somebody else may act to serve your ends. There is more at work here than mere auto-suggestion.

Never forget that we are dealing with energies that are quite real, have significant evidence to prove their reality, and are quite capable of causing effects at tremendous distances. What is more, the rest of this book is going to be devoted to teaching you how to make and use machines which have been proven to detect and manipulate these energies.

PENDULUM

It gets very hard to talk about dowsing without wanting to break out laughing. The first thing that comes to mind is a scene the old movie "God's Little Acre," where Buddy Hackett is running around the field being dragged by his forked stick, bouncing off trees, falling into holes and ultimately being sucked into the air intake of a jet engine. Well, maybe not the jet engine, but it is a pretty funny image, the semi-to-illiterate rustic following his stick until he reaches a spot and then says "The Lord done has told me to dig HERE!"

With an image like that to live down, it's amazing that anyone would take the art up in the first place. But its image does not negate the fact that dowsing works and works quite well. And it has worked for a very long time. There are pictures of men in the middle ages with their sticks looking for mineral deposits and the art is a hell of a lot older than that, because remember that that was the only way anyone had of knowing if there was anything under the ground worth digging for. Otherwise they were like the old prospectors who found a nice hunk of desert, with some water for the mule, and just began to dig in the hope of finding a hunk of gold in them th'ar hills.

It was even once suggested that that was how Norwegians found where they buried the lutefisk, but that is nonsense. They follow their noses.

But I'm not going to waste your time or mine talking about that kind of dowsing. For one thing, I could never get the classic forked stick to work for me and for the other, this chapter is about dowsing with the pendulum.

Now pendulum dowsing is easy, fun, and gives you all kind of surprising goodies.

Now years ago, before this stuff got popular, if you told someone about using a pendulum to dowse with, they wondered if you were going to be carrying a grandfather clock around with you and dowsing was something you did to people with swimming pools.

By now, of course, there are a number of books specifically about the pendulum out there, and lots of different types of pendulums (or is it penduli?) on the market. So I am just going to give you the basics in this chapter in case you have not come across this stuff before and use it to get you started because in its humble way the pendulum is an essential part of psionics, even though it has no funny dials or moving parts, except for itself, that is.

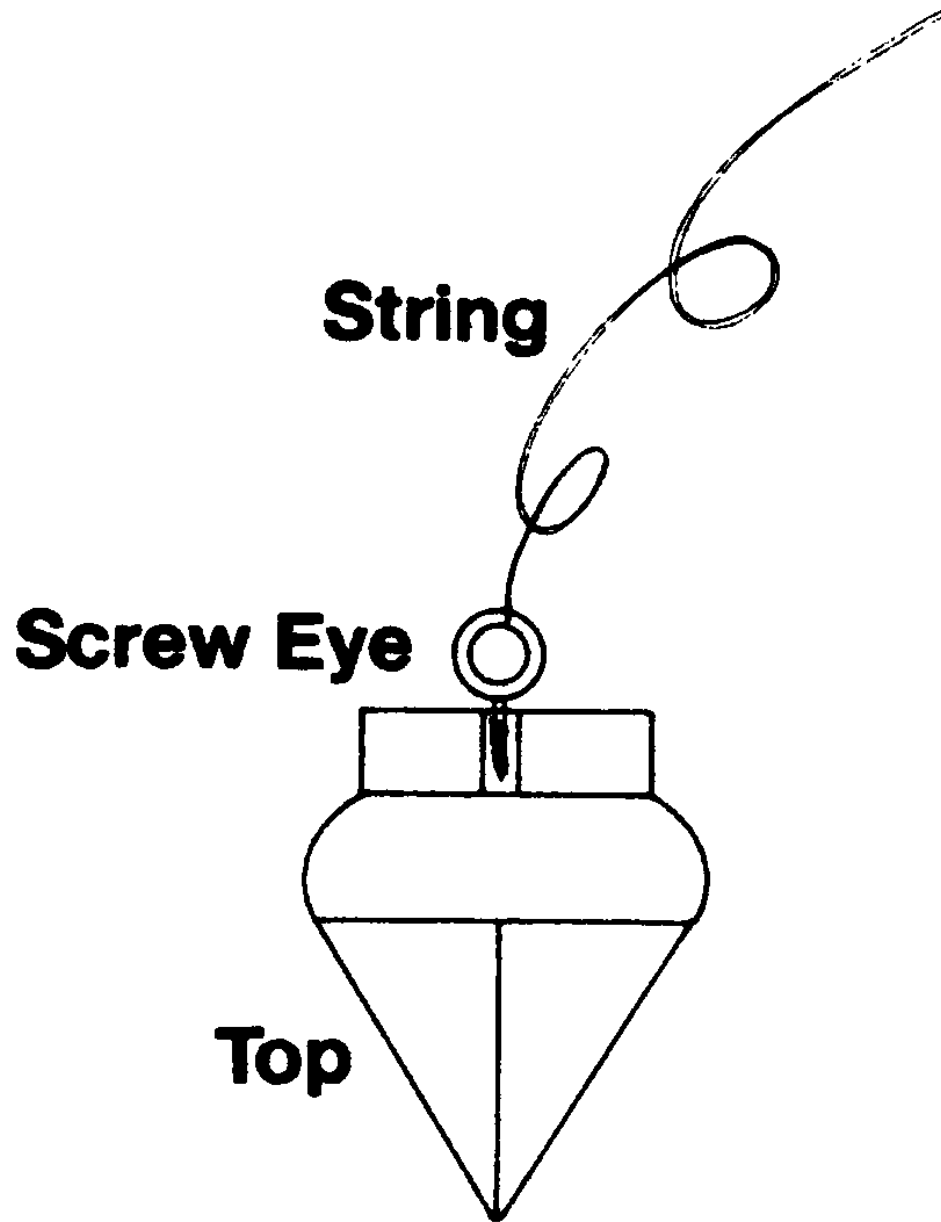
The pendulum is a very easy thing to make. You do not need to find the right variety of crystal on a new moon, buy it without haggling and then drill a hole in it with a bit blessed by the same rabbi who cuts off foreskins. All you need is a weight, any weight will do, and a convenient length of string.

For my personal taste, I like pendulums that end in a point. That way I know what they are pointing at when they are used with a chart like the ones later in

this chapter. Totally round pendulums tend to be rather confusing in such uses. Other than that, you can use anything you like. An old key will work perfectly. It is heavy enough to cause a firm swing and being flat can be carried in the pocket without making a bulge that causes your girlfriend's parents to look at you with suspicion.

Another favorite of mine, which is nice at my age when girlfriend's parents are never encountered anymore because I'm married is a child's wooden top. Yes, they still make them and you can often find them at the local toy store. Failing that, the wooden knobs that they sell at craft stores work very well. The top has another advantage for those of us who have made the mistake of depending upon the honesty of publishers in their royalty statements. They come with their own string.

All you have to do is take a small screw-eye, available from your local hardware store, screw it into the center of the flat part of the top and attach the string. Now all you need do is measure the string so it is a comfortable length, usually between 12 and 18 inches, and cut it and place a small knot at the end so it does not unravel.



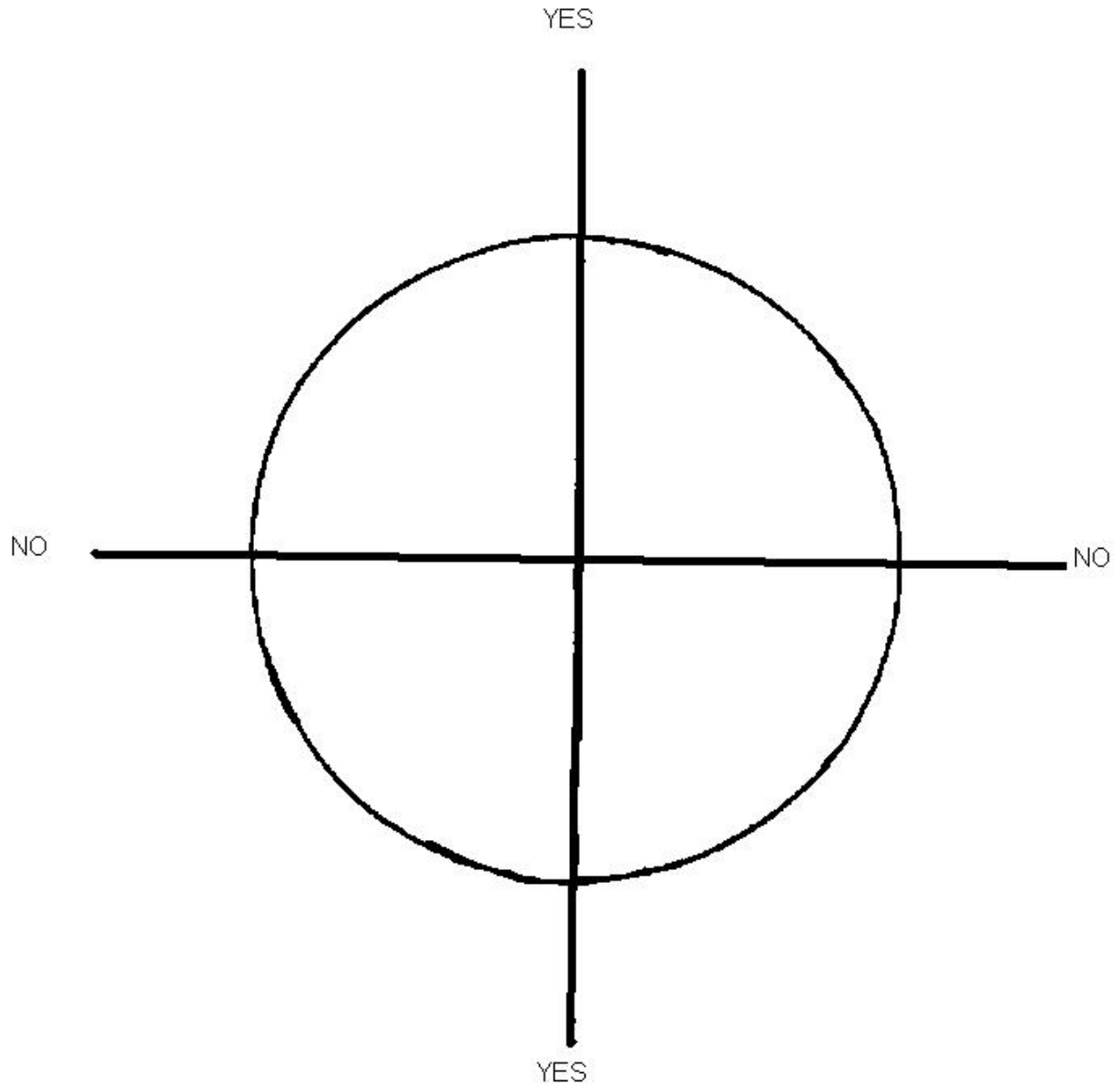
Voila! You have a pendulum and it works too.

Now as you work with the pendulum you will discover that it has four basic movements, back and forth, side to side, circle right and circle left. Sometimes it gets weird and swings on a diagonal and sometimes the circles become elliptical, but those are the basic things a pendulum does. And that is all that it does. Oh yes, sometimes it just sort of jiggles and doesn't move at all. The trick is learn what these movements mean.

The pendulum basically answers simple questions in one of three ways. Yes, no, I haven't the foggiest idea what the hell you're talking about. With the right charts, it can give more complicated answers, but first things first. You need to know which swing means what.

Start with yes. Hold the pendulum in front of you and ask it if two plus two equals four. Note the swing. Now ask it if two plus two equals five and if it says to you that it is if Big Brother says so, then you have a real problem because a pendulum is not supposed to speak, only swing. The answer to that is usually no and the pendulum should swing in the opposite direction of the yes answer. At this point you may notice that the pendulum does not swing very far for either or may not even swing at all. Don't worry about that. You are just not used to it and with a little practice it will go swinging as merrily as thieves at Tyburn. (That's where the British used to hang...oh, forget it!)

Once you have this down, make a copy of the picture and mark the direction of the yes swing. It was either a straight line or a circle. Then mark the no swing.



The chart is called an ideometer and I did not know that when I started using it. In fact, when I first heard the word, I thought that the person was talking about a device to measure idiots and I could not quite understand what that had to do with pendulum.

The reason we need to learn to work with the pendulum is really very simple when you stop to think about it. For in spite of the relationship between the etheric body and the human nervous system, when psychic information is received, it is rarely through the agency of the conscious mind. This makes sense because the conscious mind is usually too busy with more important things than to waste time with strange feelings about Aunt Mathilda's latest hemeroid operation. There are just too many distractions unless the message is a very powerful one.

That being the case, a psychic message will usually get shoved off to the subconscious where it will lay like a law stuck in committee, waiting for an opportunity to come, usually at night with the help of pepperoni pizza. This is where the pendulum comes in. The subconscious rarely lets such information through without the aid of a natural tendency to do so, which can be quite embarrassing at times, or much practice. What it can do, however, is cause minute movements of the voluntary muscles in the arm and hand and those are what makes the pendulum move.

So, before you begin to really work the pendulum, it is useful to remember some simple rules.

It is essential that any question you ask the pendulum be phrased in such a way as to get a simple yes or no answer. Practicing with this will make your readings much more accurate, especially as the pendulum cannot speak except you use an alphabet chart as I will describe later.

The pendulum will only give accurate answers to those questions on which there is information. If there is no information available to the subconscious mind, it will not give an answer or it will give a wrong answer to make the conscious mind happy so the conscious mind will eat pepperoni pizza before going to bed so the subconscious can come out and play.

Your conscious mind can control the pendulum. And if you make the mistake of asking it about something you have an emotional stake in it will, which means you will get the answer you want to hear rather than the answer you need to hear.

So now we can have some fun with this gadget.

TELLING TIME

One of the most frivolous, and therefore the most fun, uses to which a pendulum can be put is telling time. This was a very popular pastime and hundred or so years ago before clocks had lighted dials and actually had to be wound by hand to keep running, which meant that if the maid was lazy, the clocks ran down and the people did not know what time it was and when to have dinner. Well, when folks found out that they could make a pendulum tell the time, they got all excited and would get up in the middle of the night and set the pendulum working hoping to fool it. This made life much easier for the poor maid because if she forgot to wind the clocks the butler was less likely to yell at her.

You can duplicate these experiments yourself with little trouble. Hold the pendulum next to a wall or piece of furniture, in easy striking distance by far

enough that some swing is required. Now, simply ask the pendulum what hour it is. The pendulum will strike the wall the number of times of the hour.

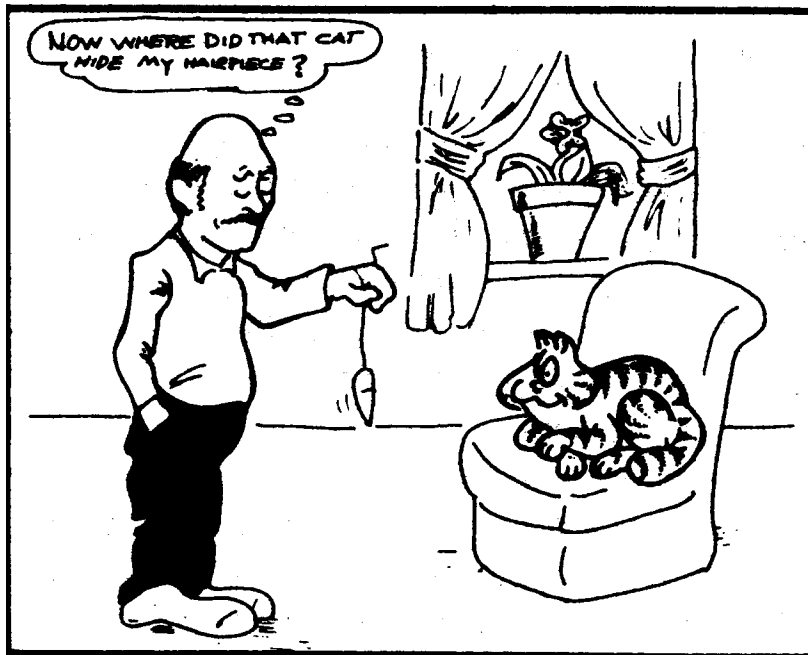
It is really something to see. The pendulum will swing very slowly at first, measuring itself, until it hits the wall and then will repeat the strike somewhat faster until it has beaten the hour. And if you ask it on the half-hour, it will count out the hour and then hit somewhat softer for the half.

This is not the useless game it might appear to be at first look. The pendulum can not only tell the time, it can predict times. So think back to the last time you were stuck in the living room waiting for a repairman who came two hours later than he was supposed to. With the pendulum, you could have avoided that problem.

When you are expecting someone to arrive, ask the pendulum what time they are going to get there. The pendulum will bang out the hour and you can pretty much relax until then.

The pendulum, however, can only give you information that it has at the time. So let us say you are expecting the dishwasher repairman sometime that morning. At eight you ask the pendulum what time he is coming. It says ten. But the repairman has a flat tire on his truck at 9:30. So at ten you are waiting him and he doesn't show up and you get mad at the pendulum. Well don't do that. Ask the pendulum again because new information has surfaced that was not present the first time. For that reason, it is best to ask the pendulum the question every hour or so, just to be sure.

FINDING LOST OBJECTS



The most common use for the pendulum is finding things. In this way the pendulum acts in the manner of the traditional dowsing unit that it is. So, for the sake of an example, let us say that you have lost your engagement ring. This is not going to make your fiance happy at all because he had to mortgage his grandmother's grave to buy it and if have ever tried to get a mortgage on a grave..(did I tell that joke already?) Anyway, you really want to find this ring because it actually has a real diamond, which makes DeBeers very happy because their television commercials with the nice music have not been wasted, even though he could have gotten a fake one off of a television shopping channel. And you need to find it fast because he is coming to take you out to dinner and to lose a relationship is bad enough, but to lose a dinner is worse. (The first thing they teach us in writing school is never to turn down a free meal because you never know where your next one is going to come from.)

There is only one problem. You have no idea where to look and you have this sneaking fear that the neighbor's child may have eaten it while you were babysitting.

Nil Desparandum (which is ancient Italian for don't despair). You have your trusty pendulum and this book. Stand and hold the pendulum away from you and visualize the ring, while humming Wagner. Well, you don't have to hum the Wagner. The pendulum will swing away from in the direction of the lost object.

All you have to do now is follow the pendulum in the direction that it swings until it stops going back and forth and starts to swing in a circle. The lost ring should be in the center of that circle.

I remember many years ago when I first started using the pendulum and I found myself giving a surprise demonstration of what it could do.

When I was very young, like in my late teens, and thus still in school, I worked for my father in summer. He ran a screw-machine shop and the machines were older models which, because of their advanced years (something I can readily identify with these days) had a tendency to fall apart, often dramatically with banging noises and everything. This happened one afternoon when something called a stock-bar feed came loose at the end of one machine and as the part was spring loaded, with a very heavy spring, it went off into orbit, or at least that was how it seemed.

All work ceased as we searched high and low for the missing piece. The shop was busy so the machine could not be left idle, but it would not run without the part, so we crawled around in the oil vainly looking for the missing mechanism. But no matter where we looked, it was nowhere to be found.

Well, as you can imagine, things were getting pretty desperate at Acco Engineering that day as my father was beginning to run out swear words when I remembered the pendulum. The truth is that it did not take much remembering as I had just started to work with it and I was behaving like a kid in the candy store and there was no way I was going to resist an opportunity like this.

It probably looked very strange, but being boss's son has some advantages and this was one of them and besides, nothing else was working. So I made a makeshift device with a cam and some heavy twine and asked it to point in the direction of the missing part.

At that point I felt a little stupid because it pointed in a direction we had searched to death. In fact we had found oodles of other things, but no missing part. But I did not give up, but rather persevered and followed the pendulum until it stopped over a barrel which contained a substance called Oil-Dry, which is actually sort of like kitty litter and is used to pull oil up from concrete (which kitty litter does equally well, for those of you with oil dripping in your garage). The barrel had an open top and the part, flying off the machine, had dropped into it, burying itself under several inches of the stuff. So we dug, having nothing better to do with our time, and found it. And there was great rejoicing and all were confirmed in the knowledge that I was truly a genius.

Now there is one little problem with finding things with the pendulum. It has this habit of swinging back and forth. It has something to do with some inconvenient law of physics and we can't really do anything about it, so we have to allow for it. This means that you may follow the swing of the pendulum in the opposite direction of the one you should be and that can be very annoying and not at all conducive to building confidence in your abilities.

Fortunately, great mind that I am, I have a way around it for you. Aren't you lucky?

Let us say that you are playing golf and you have lost your favorite ball. Now I know everyone has more than one golf ball, even if they don't play golf, but this one is your favorite, being the one your grandfather used when he played against Sam Sneed back in the 1950's.

The field is going to be too big for you to simply follow the pendulum even though you can be pretty sure the direction the ball went, so you take two readings. Hold the pendulum and let it swing, noting the direction. Having done that, walk to the side some distance and take another reading. Where the lines of the two readings cross, there is the ball, just waiting to be hit again.

Map Dowsing

Map dowsing is nothing more than using a pendulum over a map to find something. It is a time-honored practice for finding water, minerals, oil, all sorts of things including the best house to buy. It is a very simple procedure, but depending on how detailed your search, can be time consuming.

So let us say that you own a large tract of land and you want to find a new place to dig the well. The tract is large enough that there is a map detailing it and you take this map and hold the pendulum at one side, asking it to find the best place to sink the well.

Note the direction the pendulum swings and then hold the pendulum at a different spot on the edge and repeat the procedure. Draw two lines along the swings of the pendulum and where they cross, there you will find water.

But let us say you are looking for something on a very large map, such as where you want to move. You can, with some time, find the exact location of the the house you want.

Begin with the map that covers the most territory, like a map of the country or state. Hold the pendulum over the vertical coordinates of the map and let it swing. Mark the swing and then repeat the procedure over the horizontal coordinates. Where they cross, there is the ideal location for you. In this case let us say they cross right over a town.

Your next move is to get a street map of that town and repeat the procedure all over again. This will give you an exact block to look for a home on.

This method has been proven over the years to have some highly beneficial uses. Lost people, for example, can be located quite readily using it when more conventional methods would take so long that all they would find would be a body.

Years ago, some friends of mine were out camping, and don't ask me why, I hate camping, and their child wandered off into the woods. Well, as you can imagine, the thought of their offspring become bear food was not a pleasant one and the mother got into the truck (yes, they drove a pick-up too) went charging off to the ranger station to get help, this being in the days before cellular phones.

The father, having a rare moment of lucidity in this rustic surrounding, remembered the many times I had bored them with my lecturing on the wonders of the pendulum and he just happened to have one. He also had a US Geological Survey map, which covers every nook, cranny and bear nest, and did the map dowsing as I have described. The pendulum led him to within one hundred yards of the child and by the time the frantic mother returned with the forest rangers and three new dents in the truck, father and son were back at the camp site. After all, how fast can a three-year-old run?

Lies, crooks, and crime stuff

We all deal with dishonest people and not all of them are publishers. Some of them are editors. And all politicians are in that category. So as you look out at your world and realize that no one is to be trusted, you have to come up with some means to find out who, if anyone, is telling you the truth.

This can get very expensive if you do it by trial and error and yet there are those rare, very rare, times when something that is too good to be true really is true. After all, people do win state lotteries, but no one in his right mind bets the farm on it. The pendulum can be a real help in finding out if someone is telling you the truth.

This is something that works best over the phone, for the very simple reason that if you are talking to a face that person may look at you very strangely if you are holding a pendulum and watching it instead of him.

So let us say that you get a call from Uncle Harry and he wants to borrow money again, this time claiming that your Aunt Mathilda needs food for the goldfish. Ok, you know they really have goldfish, which is one little fact in their favor, and you know that they have never been able to keep track of how fast they spend their socialist security money, most of it going to golfing expenses, so he may really need a loan, in which case he is lucky he is asking you and not me because I'm usually the one who needs money, but I digress.

As he babbles, somewhat embarrassed, take out your trusty pendulum and your idiometer (no, don't need to find out if Uncle Harry is an idiot. You already know that.) and hold the pendulum over it. As he finally gets around to asking for the money, notice that the pendulum is swinging "NO!!!" and doing it so hard that it wants to leave your hand.

At this point you know that the money is not going to feed the fish, and judging from the swing you wonder if Uncle Harry is planning on going into politics. But

you do get a positive that they do need a few bucks because, you guessed it, they spent too much at the golf course. So you groan and give him a few bucks so they can buy cat food and hope that this time they pay you back.

Now suppose you need to know if someone in the office is a crook. I assume here that you don't work in a law office or a real estate firm, in which case you already know the answer.

Years ago, a friend of mine had some camera film stolen from her. She knew it had to be a co-worker but had no evidence of who it could be. And as she was too emotionally involved to get an accurate reading, I volunteered to do the dowsing for her.

We made a list of all the suspects, both likely and unlikely, and then went down the list with the pendulum with my finger, stopping for a few seconds at each name, while commanding the pendulum to tell me who the thief was, until we got a real swing by one name.

We then continued down the list, checking each name, just to make sure and as there were no other responses, we were pretty sure we had the suspect.

The swing of a pendulum, however, is not sufficient reason to make an accusation unless you work for a tabloid television show, so my friend could not say anything. But she was very careful to watch the other person from then on.

Help in relationships

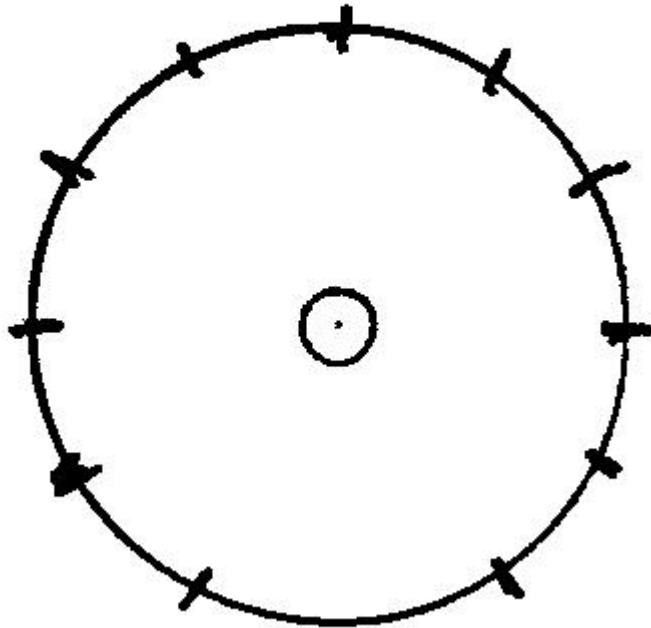
In the area of romance in particular, the pendulum can give you a tremendous advantage over your fellows.

First, it can test the compatibility of two people. Now for this test, it is best to have a trusted friend, who has no interest in the other person, to do the work.

You will need two pictures, one of each of you, to make this work best, but you can use the two names if the pictures are lacking. Place these side by side and have your friend hold the pendulum between them. If the pendulum swings positive, you are compatible. If it swings negative, look for somebody else. As you can imagine a person with this information can save him or her self a lot of trouble.

But let us say that you are not so much interested in a long-term relationship, but rather a brief, passionate affair. For that you can use the pendulum for something completely different.

You need to know what your prospective partner's tastes are and it helps if they are the same as yours. So you need to make two charts, one a list of all the sexual things you enjoy or are willing to do even if they are not your first choice. Second, a chart like this one (0-10 chart).



If you have a picture or a signature of the prospect, lay it on the table in front of you. If not, write the name down on a small piece of paper while holding the image of the person in your mind.

Now hold the pendulum over the picture or name and go down the list of activities, noting which ones make the pendulum swing. After you have done this, hold the pendulum over the center point of the number chart and go down the new list, one desire at a time, noting the number that the pendulum swings to. The higher the number, the greater the interest. With this information in hand, you may pursue the grand seduction with more confidence because you already know what buttons to push.

Using the pendulum as a gauge to test your thought-forms

The last chapter taught you how to make and use thought-forms. But the problem with thought-forms is that you have a hard time knowing if they have hit the target. Well, the pendulum can solve that problem.

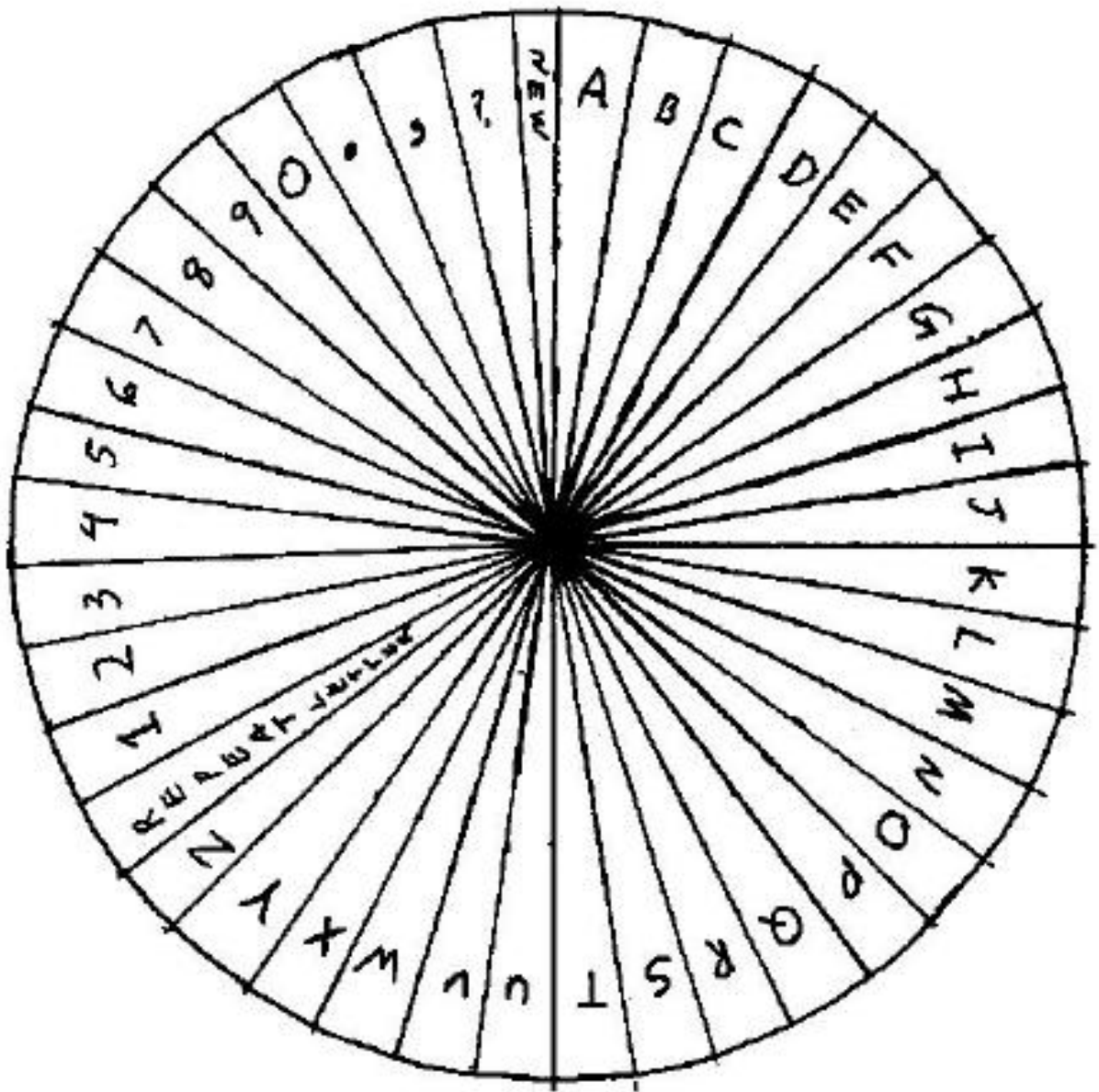
Before you create your thought-form, you will assign it a name, like Eustace, or you will have just given it a command. Either one should be written down on a piece of paper and kept in a safe place where you will know where to find it, unlike in this house where to put something in a safe place is to guarantee that it will not be found until the Third Coming.

After you send out your thought-form, forget about it for a day or two. After a few days have elapsed, take out the paper and hold the pendulum over it, asking it if the thought-form has done what it was created to do. If you get a positive response, there is probably no need for further action unless after a reasonable period of time you see no actual results. If the response is negative, make and fire off another thought-form to replace the old one.

Communication

I will cover this in more detail later when you have your instruments up and running. By means of the pendulum you can read messages from any mind in the universe as long as you are attuned to it. That's right, I said the universe. Now as the universe is a pretty big place, you have to do some real fine tuning in some cases, but there is no reason you cannot do it.

Usually, however, you will be more interested in more terrestrial sources and the best way to do that is to make a chart like the one below (letter number chart). To do this, draw a large circle on a piece of paper. Now, evenly spaced around the circle, write the letters from A to Z, numbers from 1 to 0, and some common punctuation marks such as a period, comma and question mark. Once you have done that, take a ruler and draw a line from the center of the circle to point between each letter and number and punctuation mark so that they all are in little wedges. If you wish, you may shade every other wedge from the center point to about half way out. Shading makes it easier for your eyes to separate the wedges when the pendulum swings.



Now you have your receiver.

So how do you use it? Let us say that you want to know what Aunt Mathilda is planning to have for dinner before you accept her invitation, especially as last time she tried to inflict broccoli on you. Now things like this are perfect to start with because they are very easy to verify.

So you begin with a short period of meditation to clear your mind of the extraneous garbage that sometimes manage to come through while using this arrangement. After you do that, you hold the pendulum over the center point and ask it what Aunt Mathilda is cooking.

The pendulum begins to swing along one of the edges towards a letter. It reveals a "b" and you stop the pendulum and bring it back to the center to repeat the procedure. And after a short time your worst fears are realized, she is making broccoli again so you call her back, say you have a business matter and order a pizza.

The uses of this simple device should be obvious. It can spell out words, sentences, numbers, any piece of information that is out there can be received. It can tell you anything, but there is one little fact you must remember.

The pendulum, as I have already said, can be influenced by the conscious mind and give you false information. You have to be careful in what you ask, not being too involved in the answer otherwise the pendulum will cease to be a tool and become a cheering section.

RADIONICS

Well, folks, now that we have finished the preliminary stuff, we can get down to the real fun, the part you all are curious about, radionics.

Of all the methods and techniques involved in psychic development, none has ever been more controversial. To those who use it, it is a fantastic tool. To those who hear about it with no experience, it sounds like utter nonsense. The idea that it is possible to influence the minds and bodies of other people by turning dials on a box, or even a modified radio, with in many cases, most in fact, no power other than the mind of the operator is hardly the stuff of rational discussion and most people on both sides get pretty irrational about the whole thing.

If you don't believe me, just ask the family doctor and see how fast you can run!

So, if you find the material that is going to come next hard to swallow, you are most assuredly not going to be alone. I was one of the skeptics at one time. And I had a lot of things thrust at me that could have had me working with the instruments long before 1977, when I built my first unit.

Have you ever found out something years after it could have done you a lot of good and had this desire to bang your head against the nearest wall? It happened to me recently.

I collect comic books. Or rather I'm a packrat and I kept almost all of my comic books from when I was a kid and when I was 13 I got one that if I had looked at the right story, I could have had a working radionic system then.

The comic book in question is Adventure Comics, #308, May 1963 and when I bought it I was so much more interested in the Legion of Super Heroes story and artwork (which seems to always had more of an appeal to me than the stories) that I virtually ignored the Superboy story at the front of the book.

Stupid me!

You see the Superboy story has everyone's favorite juvenile delinquent, the young and prematurely bald (oh most hideous of fates!) Lex Luthor running the reform school radio station, or at least that's what everyone in Smallville thinks because it was pretty easy to fool the people of Smallville. They never could imagine what Clark Kent would look like without his glasses.

Anyway, what Luthor was really doing was operating a mind control instrument that put the stuff from his mind through a radio transmitter and then it got silly with the people of Smallville having illusions and blaming Superboy for it.

Ok, let's forget the stupid part, which is probably why I never really bothered much with the story, but at that time I had the machine to create a psionic instrument on the lines of the Luthor device.

Christmas of 1962 and I received a radio receiver/transmitter that had a working range to about the back yard with the antenna length provided. Looking back at that device, it would have been a simple matter to make basic head electrode and wire it into the transmitter part where the code key or microphone came in. Of course, tuning would have been a little catch as catch can, but it would have worked!

Arrrrrrgh!!!!!! Drat! Curses! Foiled again!

What makes it worse, is that the chassis of that unit is now a radionic unit that has served me for many years.

It gets better!

I was always a fan of Braniac and so whenever there was a Superman comic with him in it, I bought it. And in Superman #167, February 1964, he teams up with our old friend Luthor who has a "time-space thought scanner" which tunes into the origin of Braniac, who is revealed to be an anthropomorphic computer (something DC comics had to do because they had accidentally stepped on a do-it-yourself computer company's trademark and this was how they got out of it). Well, guess what. We can build that machine and you will.

It was not until April 7, 1977 (some numerological significance there, no doubt, though I have no idea what it is) that I finally got around to building my first radionic box based on the machine designed by T. Galen Hieronymus in the late 1940's.

Anyway, I'm going to risk boring you by introducing this stuff with a bit of history. I find it fascinating and I think you will be entertained by it as well.

Radionics was discovered, or invented rather, in 1910, by Dr. Albert Abrams of



(you guessed it) San Francisco. He was examining a patient and was in the process of percussing his tummy (no, he was not swearing at him, he was tapping it) to find out the true size of man's stomach. While he was doing this he had a bit of a surprise that turned into an inspiration.

He expected to hear a sort of hollow sound, especially as the man had been sitting in the waiting room long enough for the contents of his lunch to have long since gone the way of all flesh but instead got a dull thud, sort of like hitting a stud under the plaster instead of an empty spot, or an empty stomach as it were. Now as the man was not fat, it was not a hunk of people-blubber, so the good

doctor was rather puzzled by it. He felt around and found no mass of tissue and repeated the tapping, this time getting the sound he expected. Now this was a great puzzlement and the only reason Doc Abrams could figure out was that the man had changed the direction he was facing. Maybed the magnetic field of the earth had something to do with it. Inspired by this fascinating possibility he marched the man (who was, after all, paying for this) around the office tapping his tummy as he faced in every direction except upside down (let us be thankful the good doctor did not think of that, better yet, let the patient be thankful, in whichever heaven he now resides, which for the sake of eternal peace hopefully not the same one as Abrams because if a doctor did that to me I would be very upset). After an afternoon of this, Abrams was convinced that only the relationship between the magnetic field of the earth and the patient, who had a cancerous ulcer on his lip, could be the cause of the sound change.

Now you have to remember that when Abrams was working there was no AMA or FDA. It was a time of miracle cures for everything and most of them, let us be honest, were pretty loony, like the fun electric shock machines that people held to zap whatever ailed them. But in that environment, Doc Abrams became quickly convinced that he had made one of the great discoveries that change the world. And he did, though not in the way he imagined it. And Abrams was by no means a quack. He was one of the most respected physicians in San Francisco, which meant that that man paid quite a pretty penny to be marched around the office.

His next experiment was to have an assistant hold a diseased tissue sample in a bottle over his forehead while he tapped his tummy. And he got the same response. And it was good.

Anyway, now certain of his discovery, he set out to prove that this relationship could be used to diagnose diseases and that the energies involved would pass over a wire. He procured an assistant, undoubtedly a local medical student, and had him stand with an aluminum electrode attached to his forehead while the doctor had another assistant behind a screen hold another electrode, this one attached by a wire to the one on the forehead of the victim, over disease tissue samples. While the second assistant did this, Abrams tapped the tummy of the first assistant to determine what kind of noise he got and where on the tummy it came from.

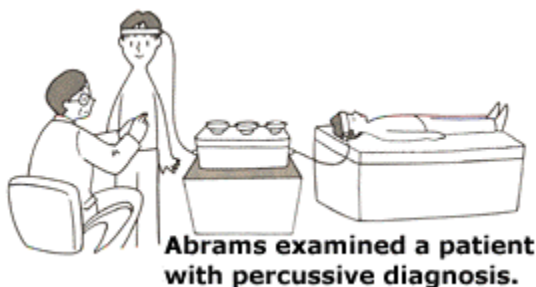
In doing this, Abrams proved that such a diagnosis could be made and the energies he read in doing so could travel over a wire. This convinced Abrams that he was dealing with an electromagnetic energy. And it was good again.

These experiments continued as Abrams catalogued the different sounds and the different locations of the sounds coming from the tummy of his assistant. Then, one day, disaster struck. He got the same sound, in the same place, from two different diseases. And it was not good at all!

Doc Abrams was not happy with this new finding, but being the good man of science he was, he was not to be deterred. In fact he did something that makes absolutely no sense in the purely electronic sense but worked nonetheless and as electronics was in its Hugo Gernsback Edisonian infancy (Well, golly gee whiz, if I put my finger in this socket my nose lights up!) it actually made a weird sort of sense to Abrams.



He had a three-dial resistance box in his laboratory. Now why a physician would have a box with three rheostats wired in series is a mystery, but Abrams was a scientific person and in those days every scientific person had one of those laying around, if only to impress the neighbors when they came over for the evening singing around the victrola (which was kind of a manually cranked pre-stereo music playing machine. You remember, records, before cd's, before mp3s, the things Grandpa brings out at xmas to bug the family.). Anyway, he cut the wire, and attached the box in between and repeated the experiment while setting the knobs on the box. And yea, lo and verily, he was back in business, for he got a response on one setting, but not on another. And it was good again.



Abrams examined a patient with percussive diagnosis.

In one fell swoop, Abrams discovered the now essential "rate", the setting on the instrument that makes radionics work in the first place. Of course Abrams was still convinced that he was dealing with electro-magnetic phenomena and continued to do so until the day he died, but that does not diminish the importance of this.

Now I am having a bit of fun with this because it lends itself to that. One can see Abrams as Boris Karloff, puttering around the laboratory making one discovery after another, like a good, mad scientist from a bad movie, but the truth is that Abrams was undoubtedly a man of extraordinary insight and inspiration and was able to translate both into action. Clearly the idea of using the resistance box, as strange as that may seem to us who think in terms of frequencies on televisions, was a brilliant idea and it gave us the means of understanding what we are working with.

Let me explain. A radionic box translates information. It takes the psychic information of the subconscious (which was what Abrams was working with even though he did not realize it) and translates that into a numerical read-out which means it can be worked with, again by psychic procedures.

The usual radionic instrument is a box with dials on it, though there are digital models available at digital prices, and these dials tend to be calibrated either 0 to 10 or 0 to 100. As the machine is set, each dial will have a reading, such as 3.6 and the final collection of numbers is the rate for the operation. So in a three-dial machine the numbers could be 5,3,5 and that would be the rate, 5 being the first dial, 3 the second and 5 again for the third.

As you can imagine, Abrams contemporaries in the medical profession wondered if he had been hit on the head by a brick during the big earthquake. And as he continued to do his research and seem to go further and further out into the bay they began to fervently hope that he would have a shamanic journey and not come back. And it must be admitted that Abrams did little to help the situation.

One problem was that he insisted on giving his machines names that were, well, somewhat ridiculous sounding to lay ears and somewhat embarrassing to medical ones. For example, Abrams discovered that he had a problem getting assistants to have their tummies tapped while making a diagnosis. Thus understandable situation was aggravated by the fact that he had a number of followers who had a similar problem. So Abrams went to work and created the portable tummy. Now if he had called it that, everyone would have had a good laugh and went on with their business, but he called it the reflexophone, which looked like a bongo drum on its side and came with a number of oddly shaped instruments for tapping purposes. Naturally, everyone asked, "What's a Reflexophone?" and when they were told it was a portable tummy (well, not quite that, but that was the gist of it) they became quite offended and spoke harshly of the good doctor.

The early radionics were also guilty of terrible overenthusiasm and that can be death to any idea, no matter how laudable. And the system was not foolproof, no system is and this one, like all others, attracted a certain number of fools. Abrams himself, when demonstrating his skill, once proved to be at that moment unable to tell the difference between the blood of a human and the blood of a rabbit. That was hardly going to cause great confidence in the normal medical

profession. At that time, of course, they did not realize this was a psychic phenomena and thought that all radionic work should be perfectly repeatable. After all, if it is electronic, it should be like turning on a light. If the wiring is good, the generator running and the bulb not burned out, the light will go on.

But back to Abrams. He continued his work and discovered that it was not necessary to have the patient physically present. He learned that he could accurately diagnose with just a blood spot from the person (or rabbit if he was helping the local veterinarian) and he termed this the "witness," a term now used to describe anything put in the radionic instrument or tested by other psychic means in place of the actual person, place or thing.

Finally, old Doc Abrams discovered that it was possible to treat people with his machines by sending energy to them from the machine by way of the witness.

The first of these units were called oscilloclasts and sent pulsed charges to the patient who was at first directly wired into the device like his assistants had been. This method was ultimately dispensed with in favor of the witness as that was just more convenient.

As Abrams was dying, radionics started to get a lot of attention, not all of it favorable. Many of his fellow physicians simply thought he was a crazy and his machines a fraud, a common opinion to this day.

After Abrams died, the work continued in the hands of mostly unknown and pretty boring people. One of the more interesting was Ruth Drown who is credited with inventing what we call the stick plate (you'll learn about that later) and got into terrible trouble with the FDA and ultimately tossed into the stripey hole. You see, technology began to catch up with radionics in that people understood electronics better and they would look at a radionic instrument and say that it could not possibly work, no matter how much evidence to the contrary.

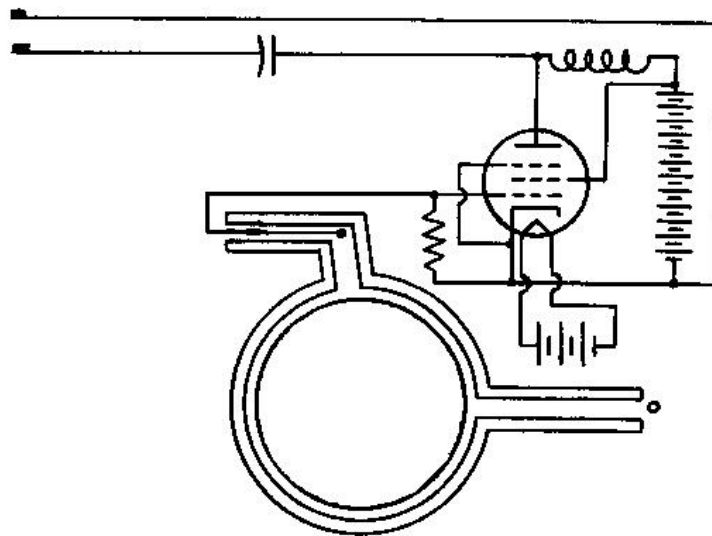
The real importance of Drown (aside from giving us good reasons not to heal people) is that her work influenced George De la Warre in England who discovered once and for all that radionics was psychic function and set up the Radionic Association there along with a whole slew of ethical guidelines that I violated the first day I built my box. But then, as everyone knows, I don't have an ethical bone in my body.

There is one more researcher who died in 1988 and that was T. Galen Hieronymus. TGH has the distinction of having invented the most well-known radionic device (at least until my first book came out). Now I used to look down on the Hieronymus Machine as being somewhat clumsy and old-fashioned, in spite of the fact that I had two instruments based on his basic concept running. So now I am going to go into some detail about his and his machine.

Hieronymus started out as a radio engineer in the US Army during WWI and got interested in radionics during the 1920's. In the 1930's he designed a number of

radionic units for medical purposes, most of which have long since been forgotten. After the Second World War he invented the unit that bears his name and patented it. But the interesting thing is that being the cagey fellow he was, he did not say that it was a medical device, but rather an instrument for analysing minerals. Now why in hell anyone would need a psionic instrument to do that is beyond me. So the usual and probably correct assumption was that he wanted to avoid FDA scrutiny by taking it totally out of their hands and he did and because one could get a copy of the patent by buying it from the US patent office, a lot of people did and built their own.

The Hieronymus Machine looks terribly intimidating to build from scratch and it is until you realize something. It was nothing more than a modified radio.



The sample to be tested would be placed in front of a short tube that led to a prism hooked to a calibrated dial and there was an electrode behind that (the antenna). This led, in the original patent, to a four stage resistance box (four potentiometers in series) and then to the amplifier. where the speaker would be wired, there was a coil and the stick pad. Basically, the mineral was placed in front of the machine, the calibrated knob turned and the stick pad rubbed until the proper setting was found. But what use then were the four other settings? They were to further refine the signal, but you would not need that to analyse a mineral and most people who make the device leave that part out. But, if you are going

to do more conventional radionic stuff, or unconventional like in this book, that extra tuning matters a lot.

See what I mean about cagey?

The interesting thing about this development, however, was that it was the first time a radionic device was invented that did not have healing as its stated purpose. And the first idea that came to mind to many was agriculture.

Before you could say "cornfield," there were radionic instruments to kill bugs, kill weeds, make crops grow faster and drive off them pesky revenooors. This did not set well with pesticide makers and fertilizer companies and so things got a little nasty but the instruments are still used for that purpose by lots of farmers.

Anyway, enough of the interesting stuff, now I get to bore you by trying to explain something that no one really knows, how radionics works. Now this is mostly theory, but as everyone who works with radionics has one, you might as well hear mine as mine is probably the right one and they are most likely wrong unless they agree with me. At least that's what I think.

A radionic instrument has two functions, tuning and transmitting. When it does either of these, the device acts directly upon the energy field surrounding the individual in such a manner as to isolate the different patterns in that field and either emphasize them or depress them.

So what the hell does that mean?

The common conception of the human energy field is as a more or less mass of etheric energy. This is not, however, the case. In reality, the etheric body is something more or less like light when you break it up with a prism, before you put the prism into your Hieronymus Machine. There are many different wavelengths combining to make up the whole. Now if you work with light, you can use colored filters to isolate a particular set of wavelengths. The same is true with radionics. When you use the machines, you isolate bands of energy in the etheric body. By means of this capacity for isolating things, we can discover many useful things.

For example, someone hits his thumb with a hammer. He feels the pain of the thumb, anger at himself for hitting himself in the first place and as the thumb swells it produces another reaction. Now all these things show up in the etheric body, and by means of a properly tuned radionic device we can isolate each reaction.

We can isolate these things because they show up in the etheric body. The term for them is "wave-form." Some psychics would consider the reaction to be thought-forms but they are mistaken. There is a vast difference. A thought-form is a clump of energy, as you will recall, which tends to stay put for a length of time in proportion to the amount of energy put into it. A wave-form, on the other

hand, is a transitory phenomenon which spreads throughout the etheric body like the proverbial ripples in a pond after you toss in a rock. Now, if you have never seen a pond, fill the bathtub with water and toss in a penny. You will see what everyone is talking about.

Wave-forms, unlike the much more powerful thought-form, can never take on a life of their own and rarely influence another person directly unless that person is present when the wave-form is produced. For example, have you ever seen someone have an accident and felt the accident? That is the energy coming off the wave-form.

When you use a radionic device to isolate and work with a wave-form, it is something akin to reaching into that pond and pulling out one wave while leaving all the others intact. The radionic instrument makes us capable of so specifically tuning our psychic abilities that we are able to seek out and either analyze or work with the particular wave form or collection of wave-forms that we desire. The ability to accomplish this, however, lies in the skill and control of the operator. That is why I made the point of starting this book with meditation. When you proceed with a clear vision of what you wish to accomplish, you can use the machines in this book with both accuracy and effectiveness. You will find that by using radionic instruments in the ways I will describe, you will be able to accomplish things that ordinary psychic methods cannot and make the others much easier.

The reason for this lies in the peculiar structure of the etheric field. It is so designed as to be largely impenetrable to all but the most powerful psychic transmissions. It is, in fact, a very dense clump of energy. It is difficult to put things into it from the outside, and just as difficult to pull things out of it. This is very good, because there can be nothing worse than to know what everyone around you is thinking and feeling. It would drive you insane even quicker than reading this book. By the use of radionics, however, we can find weak points in that clump, that wall if you will, and penetrate it like a bullet through paper.

So much for the theory. I will give you a bit more as we go along but now it is time for you to build.

If you will look at the illustration of the innards, you will see the layout of the most basic radionic device. In this illustration I have drawn a three-dial box, which is the basic design I have found useful for most work. Its elements are as follows: the can for holding the sample, the three dials wired in series, and a coil of wire under a plastic or rubber plate. As you can see, this is an extremely easy machine to build, and at this point you would do well to put one together for yourself and thus be able to experiment with it as I go along and explain. By doing so, you will find everything will be easier to understand.

But before you actually do the work of building your first radionic box, I have to say a few words about tuning. there are four ways to tune a radionic instrument,

three work very well and the fourth may seem a little iffy but those who use it get good results as well.

The one I prefer is the stick pad, which I will explain shortly. Others use the pendulum, which works quite well except that it tends to start swinging before the actual rate is determined and thus it is best to set an arbitrary point which the pendulum meets to indicate the proper dial setting. Having the pendulum hit the side of the desk works well for this. The third method is to use a galvanic skin response meter. These come in several types, but I prefer the ones with the meter rather than the tone generator. I find the tone annoying and the movement of the meter is pretty definite when the proper setting is made. The fourth method is to just turn the dials until it "feels right" and go by pure instinct. This is both the easiest and the hardest method because it requires you to have total trust in your feelings.

The stick pad is the hardest to learn, in spite of what I consider to be its utter simplicity so that is the one I will explain here and the method I will talk most about through the rest of the book, if only because, like I said, it is my favorite.

The stick pad, or rubbing plate as our more old-fashioned brethren sometimes call it, is nothing more than a piece of rubber, plastic (what I use), plexiglass, or even polished wood. This is stroked lightly while the dials are turned until something happens. Just what that is real hard to describe but when I do it, it feels like something just sort of grabs my thumb and stops it from moving. Other people say it feels like it gets like jelly, an oozing sticky feeling (which may account for the popularity of the other methods) but when I do it people have told me they can actually hear a popping noise.

Anyway, learning to use the stick pad is pretty easy even though a lot of radionicists make a big deal of how much trouble it was for them. My feeling is that they started with complete machines (and some of the older ones were pretty impressive looking, the Wigglesworth Pathoclast being the size of a desk) and were intimidated by the size and complexity of the unit. The truth is that using this tool is simplicity itself once you realize that it is a binary indicator. It can only say "yes" or "no." The stick is a "yes" and a "no" is the lack of it.

So first you have to get a stick pad. These are actually very easy come by. You probably already have one in your house. I use the plastic lids that come with cans of cat food or coffee or lemonade to keep the insides fresh after the cans are opened. There is something about the type of plastic they use in those things that is just perfect for making stick pads.

Lay the plastic lid on the table in front of you so that you are comfortable and while holding the edges with your left hand (so it doesn't try to get away from you while you are stroking it, they can get very shy sometimes) gently rub your right thumb across it while asking a question you know the answer to, such as "Is two plus two four?" With a little, perhaps very little effort, you should get your first

stick. I remember trying this the night before going out to by the innards of my first box and got a stick on the first shot.

Now, it may be that you will not get a stick at all. That happens to everyone so do not get disappointed. I have certain days that I cannot get a stick for love, money or offers of free drinks, usually on the two equinoxes. Otherwise I have no trouble. But some folks have to face a certain direction and others have to do other things like rub their fingers with resin. It is a very individual thing and, as there are other tuning methods available, do not let the lack of a stick on the pad at this point deter you.

Your next step after getting a stick, however, is to refine the skill you have with it so that you can actually use the stick pad as a dowsing tool like you would use a pendulum. (I could kick myself for not knowing that when I was in school. Think of all the multiple choice tests I would have aced. As it was I once used this technique while taking a written driving test that we have to do every nine years or so. There were some questions about drunk driving and as I don't drink a lot of liquor and never when I'm driving I had not bothered to look at that section of the book, so here I was faced with these questions. I rubbed my thumb on the desk and used that to get the right answers.)

Take a few pieces of paper and write the answer to a question that you know on one and wrong answers on the rest and shuffle them. Lay them out in front of you and ask yourself the question while rubbing the stick plate as you concentrate on each paper in turn. You should get a stick at the right answer. Keep doing tests like this until you really build up your confidence. Then when you go on to build your box you will have no doubts as to your ability to work it.

So now it is time for you to make your first radionic box. To do this you will need:

A can

three potentiometers (any value, whatever Radio Shack has in stock)

Three knobs

Two monoraul jacks (1/8")

a couple of screws and nuts (besides the author)

a whole pile of copper wire.

a cardboard box to put it in.

The cardboard box is the best thing to use when making your first instrument. It is cheap, available, does not require drilling and if you make a mistake it doesn't seem that bad. There is also a funny little story about this. Once a friend of mine took me to an occult bookstore where the owners stocked my books and were

great fans of mine, even though they had never had the great good fortune of actually meeting me. So when they did, naturally they wanted to talk psionics and I told them about putting the stuff in cardboard boxes. My friend was greatly displeased and said that I should not mention that because it "didn't sound good." I told her that the machines worked better in an organic material container (which is true) and that I told everyone about using cardboard boxes in my books so it would be no surprise.

Anyway, it is still my material of choice, though the commercial models sold in wood boxes are much nicer looking, and my first unit is still in its shoe box after almost twenty-five years (gad, I'm getting old!).

Start by making the stick plate. Take the plastic plate you have been playing with and a coil of unshielded copper wire (sold as magnet wire). Coil the wire under the plate in such a way that when it is turned over the wire will be all under it and the two ends of the wire can be brought down into the machine.

Next take the sample can and punch two holes in the bottom for the screws.

Now comes the really hard part. Wire the three potentiometers in series so that they look like the ones in the picture. You don't even have to solder the connections. Merely wrap the wire around the contacts. Put this arrangement to one side, making sure that you don't get things tangled.

Easy, wasn't it. Well it gets even more difficult!

Take the box and remove the lid. Set the three knobs where you want them when it is finished and draw a circle around each on the lid so you know where they go. Now, put the knobs in the box so you don't lose them. Now do the same thing with the stick pad and the can, by placing the can on the lid and marking where the holes are for it to be screwed on.

Taking a punch, make holes for the wires from the stick pad, the screws from the can and the stems of the potentiometers. Make sure the holes are not too big because you will want everything to stay put when you are finished.

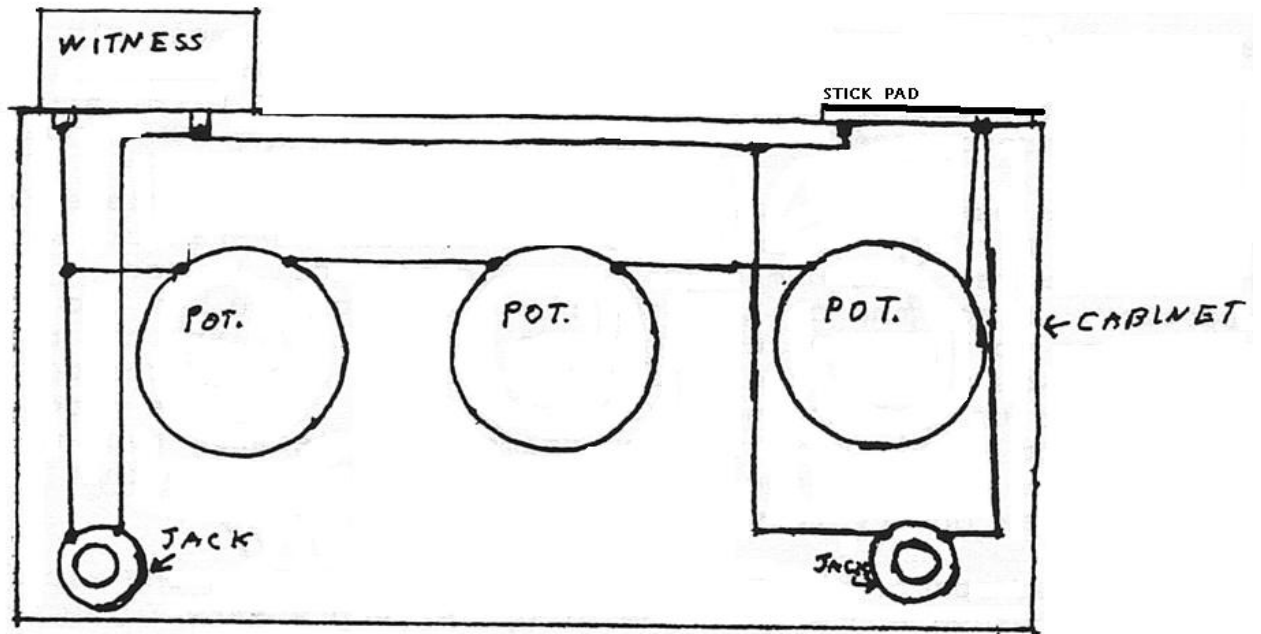
Now you have to make calibrated circles to put under the dials. Print out and copy the 0-10 dial back from the chapter on the pendulum (calibrated circle) on a photocopier three times and cut out the hole in the center of each copy. Cut out the holes in the center of each and glue them over the places you selected for the dials with the holes matching up.

After the glue dries, turn the lid over and push the potentiometers through the holes in their locations, so that the screw part is through the opposite side. Using the small nut that comes with each, bolt it into place.

Turn the lid over. Take the can and put the screws through the holes, placing the nuts on loosely inside the lid. Now put the wires from the stick pad through their

holes and glue the stick pad into place. Use cellophane tape to hold the stick pad down until the glue hardens.

Take a length of wire from the stick pad and attach it to the screw on can that is nearest the stick pad. Tighten that screw securely. Repeat the process with the wire from the nearest potentiometer. Attach the jacks as shown. Now all you need to do is attach the other wire from the can to the potentiometer nearest it and your circuit is complete as in the drawing.



All you have to do now is attach the knobs. There should be a small screw on the side of each knob. Loosen that so that the knob will set easily on the potentiometer stem. Turn each stem as far to the left as possible and then put the knob on with its pointer over the 0 mark on the calibration sticker. Tighten the screws down and voila! You have a radionic box all ready for use.

MAKING THE BOX WORK

Good for you! You now possess an instrument that has been the cause of controversy and consternation for the bulk of this century. But now that you have it you have to learn how to make it work.

The one thing that is most important with this device is the all-important rate. I have already explained to you that the rate is nothing more than the relationship between you, the operator and the thing or person you are working on as expressed by the numerical read-out of the dials on the box. This rate may indicate any number of things, the subject as a whole person, or merely one aspect of him. As I show you how to use the instrument, this fact will become obvious.

Let us say that you wish to use the instrument to get a rate for your Uncle Eustace. Well, the first thing you need is a witness of him.

This immediately leads you to ask, "What's a witness?"

That is a good question and one that is all too rarely given a good answer. A witness, to make something that is very complicated in theory easy to understand, is anything which can physically represent the subject, having some part of his energy field attached to it. This can be a photograph, signature, blood specimen, hair clipping, nail clipping, eyeball, (I once said that in a lecture and someone took me seriously) anything. In practical terms, a signature or photograph is easiest to obtain and even a photocopy of it will work as long as the original is intact.

So let me explain why that is. In a photograph, the light reflected off the person acts on the chemicals of the negative. In doing so, the energy is carried to that negative. The picture that is printed off the negative carries the energy as well and each copy of the picture will also carry that energy, back to the negative and then back to the subject. When a person signs his name, the body is in contact with the pen, which is in contact with the ink, which is contact with the paper and thus the trail goes back to the person.

It is even possible, if you know the person well enough, to use your own consciousness as a witness and be able to get perfectly good results with the person's name written on a piece a paper and placed in the sample can. As long as there is some link, the machine will work.

Place the witness in the can you provided for it. And it is good idea to keep that can clean, which means dusting it out on occasion (at least once a year or so) and not using it to hold crackers or pretzels.

Having done this, sit and meditate for a few minutes. Remember that you are going to be doing something more than merely tuning dials, so try to behave accordingly. It may help you to play a little good mad scientist music from an old

movie soundtrack to get into the mood. It is also a good idea to keep all this a secret so your friends won't laugh at you unless, like me, they are already convinced you are crazy and expect it.

Once you have prepared yourself for the task at hand, concentrate on the subject. You should be able to keep your thoughts on the subject and what you are trying to determine about him. If you are able to visualize Uncle Eustace so much the better but since he shaved off his long, white beard he doesn't look quite as much like Santa Claus as he used to (and there the resemblance ends damned cheapskate that he is). But that is not necessary at this point. Simply do your best to keep distracting thoughts out of your head while setting the rate. It is not, for example, a good idea to have the television on in the background while doing this and try to avoid reading the editorial page of the newspaper before working, in fact it is best never to read it because editorial writers are either utter bores or complete morons not fit even for Themestream. Extraneous thoughts have a way of being reflected in the results, so keep your mind on your work.

Now, if you have built the machine as I instructed, and not backwards, the witness will be on your left side and the stick pad on the right. When radionic practioners (folks to generally avoid as they tend to be very boring and stuffy and don't like me one little bit) get together, they call this setting up for right-hand operation, so if you get an old book on radionics and it says something like that, you know what they are talking about. All they are saying is that you are rubbing the stick pad with your right hand while tuning the dials with your left.

Sit facing the machine with it on a table at a comfortable height. Put your left hand in position, holding the first knob as you would a dial on a radio. Place your right thumb on the plate. Note that it does not matter which order you use in setting the dials. The rate will come out the same no matter which order you use, though I always work from left to right.

Begin turning the first dial very, very slowly while lightly rubbing your thumb over the stick pad. If you have practiced the use of the stick pad as I told you to in the last chapter you should have no trouble recognizing the stick when you get it. Once you get the stick, stop. Repeat this procedure with the other two dials and you will have the rate for Uncle Eustace.

Now that was pretty easy, wasn't it. For most of us, that's how it works. No trouble at all. If however, you were one of those who has trouble getting a stick on the first shot, despair not but rather perservere.

Failure to get a stick can be the result of a number of things which have absolutely nothing to do with you or the machine but somehow affect that relationship. Let us say that you turned the first dial through its entire cycle and did not get a stick. Turn the dial back and try again. If you do not get a stick this time, there are a number of things that you can do to correct the situation.

Different spots on the stick pad tend to be more sensitive than others. Try rubbing around the pad until you find a place that feels right. It will be the place that offers the best resistance. Change the direction you face with the box. Some folks are sensitive to the earth's magnetic field (which is, after all, how all this started in the first place) and you may be one of them.

But suppose, horrors of horrors, you don't get a stick at all, no matter what you do. Then you can use the pendulum to tune the instrument.

Now using the pendulum to do the tuning has a little problem in that the pendulum will generally start to swing as you get close to the rate and keep swinging after you pass it. So you need to set an arbitrary point for the pendulum to cross that will tell you you have the rate. This can be done in a couple of ways.

When I use the pendulum to get a rate, because I have to a couple of times a year, I hold the pendulum over the center of the pad and when the point of the pendulum crosses the edge of the pad I have the rate. The other method is to let the pendulum swing next to the edge of the table or desk and when it hits the desk, you have the rate.

There is, of course, the galvanic skin response meter if you wish to use one, but if you get one with a meter rather than the tone generator. The tone can be very annoying.

Finally, you can just hold the question in your mind while turning the dials until they just sort of feel right.

DOING STUFF

Well, now you have your box up and running. Let the entrenched neo-luddites and preachers rave to their helpless hearts' content. You now possess a radionic box and there is not a damned thing that they can do about it. Hurrah!!

But, of course, this creates a new question. Now that you have this wonder of the age, this miraculous and terrifying device, what are you going to do with it? After all, you are unlikely try to pass it off as a piece of avant garde sculpture. You want to do something.

If you have followed the instructions in the previous chapter with any degree of attention, you not only know how to get a rate, but you will also know that the rate, in and of itself, is meaningless. What you have to learn to do now is narrow that rate down to a specific aspect of your subject.

Now this may sound very intimidating in the abstract, but once you take things out of the abstract and put them into practice it gets very easy. Let us go back to Uncle Eustace.

You have to begin by deciding what it is you want to do. No one can sit down with a radionic device like they would with a Ouija Board and just wait for an inspiration or a message from the gods. Radionics is an active form of psychic activity rather than a passive one. In that regard, those who claim that radionics is a branch of magick are right, in the sense that magicians actively move to influence their world as opposed to oracles and mediums who just sort of let the psychic world work through them. It is a very important distinction and when you sit down in front of your box you must realize that it is you, not it, that is in control. The box is, after all, nothing more than a primitive series circuit which does not make a lot of electronic sense.

So when you deposit yourself in front of your little machine, you have to first make up your mind as to what you wish to accomplish with the machine. Your chosen victim is Uncle Eustace. What do you want the machine to tell you about him?

Suppose your uncle has the annoying habit of bouncing his knee, a habit I share. You want to find the rate for the habit. Or do you want to find a rate for the cause of the habit. You have to make a decision because the machine can only tell you one thing. So you sit and cogitate for a while as a friendly spider builds its web on your head and finally you come to the conclusion that you want to know the rate for the cause of it.

Once you have made that decision you are ready to go to work, and not before.

Assuming that the witness you are using is an old photo of Uncle Eustace, you place that photo in the sample can. You should write down the question for the machine on a small piece of paper, in this case "What is the rate for the cause of

Uncle Eustace's annoying habit?" and place it in the sample can with the photo. Now there are those foolish people who write the question on the back of the photo itself, but as you may wish to use the picture for other operations, that is a very unwise thing to do. Otherwise you will end up with writing all over it and get very confused.

Another method which is a little more work for a beginner is to hold the question in your mind while doing the tuning. Once you have worked with this stuff for a while, this will be the method you will use because it is actually easier, as well as keeping the laboratory from being filled with piles of little pieces of paper. But for now it is best to write the question down and leave your mind uncluttered to work the machine.

Once you have done this, take the rate as you did when you built it. That procedure never changes. You will always get a rate the same way.

Now I am going to make a little digression, but it is an important one, so please read it and bear with me.

When I wrote my first book on psionics, the work this one is based on, I made a big deal about The Book of Rates. At that time I felt that one should record every rate for everything and that the basic rates never changed. So if you took a rate for Uncle Eustace's twitch, you would always work with that particular rate. Well, I was wrong. (Yes, it does happen.)

I now know that the rate is an expression of a relationship between the operator and the subject and that relationship is in constant flux. So the rate one gets today may not work tomorrow, because the relationship has changed. For that reason, I no longer bother to record the rates. I find that I always take a new rate for each operation, even if I am transmitting a pattern that I have transmitted many times before.

There are a number of commercial rate books available for operators of more complicated instruments, usually nine or twelve dial units, and there are those who swear by them. But my feeling is that they have so bought into the idea of set rates that their minds just sort of link with the thought-form and those rates work for them. You do not need to record the rates you get as you will find them constantly changing.

Another thing you will notice about the basic box is that it only has three dials. This, by its very nature, limits the number of rates you will get, but there is a way around the problem.

One thing you will notice is that when tuning the box you will very rarely land directly on a number. So what you have to do, at least with this model, is to mentally divide the spaces between the numbers so that you have decimals as well as whole figures. Thus you may get a rate of 3.2, 1.4, 2.5. It will take you a little bit of practice to figure out the decimal reading but after a short while it will

come quite naturally to you and you should realize that even if you are off just a bit it is not going to matter that much. The system is very forgiving.

So let us say that you get a rate for Uncle Eustace' twitch at 4.5, 3.2, 2.5. Now at this point you must realize that the machine has just told of a relationship between yourself, your uncle and his twitch. Some of the medical radionic types would then go into great detail to find the exact name of the cause of the twitch, which would probably be some long nonsense in Latin and make a big deal out of it. You don't need to do that.

There is another problem with the situation, however, and that is that your Aunt Myrtle has developed the same twitch and seeing the two of them together is driving everyone batty. In fact, at the last family gathering, Uncle Oglethorpe was so furious at seeing them bounce around that he was ready to do them both in with the family grouse gun. (Have you ever wondered why your relatives have such bizarre names?)

Something clearly has to be done about this and so you set about to cure the twitching disease before you have to visit Uncle Oglethorpe in the stripey hole. So you set out to fix the problem and avoid a terrible mess on the carpet.

So how do you do this? This involves a procedure that is simplicity itself to do but is absolutely impossible to explain why it works to anyone's satisfaction.

Look at the rate for Uncle Eustace's twitch. Each knob is calibrated between 0 and 10. Take the number of each and subtract it from 10. Doing this will give you 5.5, 6.8 and 7.5. Set each dial to the corresponding numbers and you will have set what is called a "balancing rate," which is the setting that balances the condition as it manifests in the etheric body before it hits the physical. Now all you need to do is leave the machine and let it work. After some time the twitch will leave of its own accord.

Now don't ask me why this works. I don't know and I really don't think anyone else does either. But I do have an idea which may or may not be close and as everyone else who writes on the subject does it, I'm going to inflict my views on it on you as well and let you decide if it is worth bothering with or just so much hokum like all the others.

I have stated already that the human body is surrounded by an energy field which goes by any number names depending on whom you happen to be reading at the moment. There is a functional relationship between this field and everything that goes on in the body be it chemical activity in the cells to electrical activity in the brain. In a sense, this field can be said to be the same as the girder system in a skyscraper. The field exists first and then the body is just sort of hung on it. The analogy sucketh, of course, but it's the best we can do. Anyway, any change in this field will have a corresponding change in the physical person. Now, even if you grant that, how can a photograph, or the person's

signature influence the person. I'm afraid that to explain this, modern science is useless, as good as it is. And when people try to fit it to a conventional scientific model they usually end up making up weird terms and muddying things even more than they are. And when they try to add in quantum mechanics they only succeed in making themselves ridiculous as well as incomprehensible.

You will remember how I explained the connection between the person and the witness gets there. It's like a little hunk of the etheric body is attached to it. The witness falls into the tradition of the magickal link and if we are accused of playing with electronic voodoo dolls, well, the charge is not far from the mark.

When you get the link, in this case the photographs of Uncle Eustace, you acquire a functional representative of the energy field of the person. This puts you in touch with the person at the level of his energy field by making a connection with your own field. I'm going to use an overworked and very bad analogy here, but it's the only one we got. It's like putting a crystal into an old-fashioned radio receiver. The crystal was the link to the radio waves and by twiddling with it, the frequency was discovered and horrible noises, usually in the form of what was considered music, would come out. The link, the witness, does the same thing.

Once such a link has been made, you are able, at the level of your own subconscious, to contact that person or any aspect of that person. You are wired to that person in much the same way as your telephone is wired to every other telephone in the whole damned world. All you have to do is punch lots of numbers and pay the bills. It is at this point where the box comes in because it takes the abstract thought-form or wave-form and reduces them to numbers on a dial, making the relationship concrete.

Now this will create a somewhat different interpersonal relationship between you and your uncle. Where before you may have been close to your uncle, at least until he tried to cheat your mother out of her inheritance, and maybe even some rare telepathic contact, like when my real Great Aunt Lula (which was her real name so you aren't the only one whose relatives have strange cognomens) knew when dad had his first heart attack, now, by means of the box, you have not only the normal telepathic contact but are able to narrow the range of information from that contact to concentrate on one thing, instead of running around all over the ether like a psychic phone line operator.

But none of this explains the why of it all. The answer lies in the combination of the link and the rate.

Remember, in the view of traditional folk magick, the link is the person. If the witch doctor sticks pins into the doll with the person's link as a part of it he is sticking the pins into the person himself. Now this does not work for most people, particularly in our culture because a lot more is involved than just sticking

pins into a doll. There has to be some mental stuff going on to make the link work.

The radionic box eliminates that mental work, at least in the traditional sense. The tuning does that. The picture of Uncle Eustace is always the link, no matter if the box is on the receiving or transmitting end. As long as his picture sits in the can, just like Prince Albert (I've always wanted to tell that joke), his energy field is going to be locked into whatever comes in or goes out of the instrument, just as if his phone were laying off the hook with someone talking on the other end. As long as the phone is off the hook and the line is open, the voice is going to come out.

When a rate is taken, that rate becomes in itself a representational link with the portion of the energy field that you are working on so now you have links not only with Uncle Eustace but also with that portion of his field which is causing the annoying twitch in the first place. In fact, if you were to leave this rate on with Eustace's picture the amplifying effect of the box would kick in and the twitch would get gradually worse. The balancing rate works because it is the opposite of the condition rate.

The whole thing works because of the peculiar nature of the circuitry of the box itself. The circuit runs from the witness of your uncle, through the potentiometers where the signal is refined, to you through the stick pad. But once you are taken out of the system, the circuit recycles back signal back to the witness.

Now at this point I hear this peculiar grinding noise coming from the region of your head which indicates that you are thinking. Good for you! If more people did that the world would be a much better place and think of all the politicians who would be forced to earn an honest living. But you are wondering if you, by virtue of working the stick pad and thus making yourself part of the system, will pick up something from Uncle Eustace and start twitching yourself, to the great and lasting chagrin of all around you. The answer to that is no, or least you are highly unlikely to have that happen. There is only one real disadvantage to radionics and that is that it tends to take time and a certain amount of exposure. The length of time that you are working the stick pad is so small that it does not give the energy time to get into you. You are perfectly safe.

After you set the rate, leave the box alone for a while and see what happens. The next time you see Uncle Eustace he should be through twitching leaving only Aunt Myrtle bouncing around and driving him nuts as well as asking Uncle Oglethorpe if he can borrow the grouse gun.

In case you wondered why I chose something as innocuous and silly as a nervous twitch as an example, I should explain that radionics requires a certain degree of self confidence to make it work. By deliberately choosing something that is hardly a matter of life and death you can judge the results without being overly concerned about their outcome. It is best to start with something simple,

like the Bosnia Flu and work up to more serious matters like the dreaded Spotted Nose Drip and Ague.

There is another matter to consider and you will have noticed that I did not instruct you to ask Uncle Eustace permission or in any way let him know that you were going to this little experiment. There are two extremely good reasons for doing things this way. First, if the subject knows you are working on him, the dreaded placebo effect, the bane of all researchers in any area of healing in particular and especially psychic work of any kind, will kick in and the person will subconsciously act to influence the outcome of the experiment. For that reason, all psychic experiments should be done with unwilling and unknowing subjects and the ethics be damned. Second, and this is super important, you can get into real serious legal type trouble for making people healthy without a license. And when you become adept at this, NEVER, UNDER ANY CIRCUMSTANCES, TAKE MONEY FROM PEOPLE FOR DOING ANYTHING INVOLVING HEALTH. You can charge for killing folks but making them healthy will get the FDA after you and then you have to read Psionic Terrorism and nuke the FDA and it gets all very complicated and time consuming.

Now I realize that by saying this I am going to give most radionic practitioners screaming fits and that I flying in the face of the principles followed by the Radionic Association in England which is most insistent that no one be treated without their consent. Too bad! This ain't England and the ethical principles of that association are based on a naivete which is charming in small children but the rest of us know better than to try to use them in the real world.

Not only is the box useful for dealing with physical conditions or behavior, but it is even more useful when dealing with thoughts. Yes, my friend, you too can read minds and open your own Psychic Phone Network.

The procedure for doing this is similar to working with a physical condition. Let us use the old adolescent female parlor game of wanting to know if person X really loves person Y. Do you have any idea how many Ouija boards have been worn out with that question? No wonder the spirits get mad.

Anyway, love, as we know, can take many forms, all of them bad (sorry about that) so you should be certain to use for a witness sample something from someone who you know is emanating the type of love you wish to examine. Failing that, it is possible to use the word "love" written on a piece of paper as a witness.

Put that piece of paper in the witness can and get a rate for it. Now take a piece of paper and write the names of persons X and Y on it and place that in the can as well. Now try the stick plate. If the relationship between the two fulfills the idea placed in the system by the witness you should get a stick on the pad. If you do not it can mean a number of things.

First, you may have a totally different idea of what constitutes love than the couple in question. Thus you may have the right answer to the wrong question.

Second, they may not love each other at all and you have been indulging in the sort of games popular with pre-adolescent girls and should be thoroughly ashamed of yourself!

It is, of course, possible to be more detailed in studying this couple. Suppose you want to find out if the feeling is shared by both parties or only by one. This is particularly useful if you have your eye on one of them for yourself.

Write the name of each person on a separate slip of paper and test them both. If one gets a positive and the other does not then the relationship probably will not last unless one of the parties has a lot of money.

By now you should be getting a pretty good idea of how the box works, so before we leave it for a little bit I want to give you one more basic use. It is something that will be of some importance to you as you progress so pay attention.

Up to now, we have been primarily concerned with finding the rate of a certain aspect of a given person, be it in his physical or emotional make-up. There is, however, a more general rate that applies to each person and that is his personal rate. Now the personal rate is nothing more than the rate at which the machine is attuned to the person as a whole and is of great use in telepathy experiments. It is sometimes called the contact rate.

Let me tell you a little story. In the euphoric period immediately following the Second World War there were so many predictions of what the world would be like, particularly as the advances in technology brought by the war reached the public, that it became popular to satirize them and it is difficult to watch the newsreels of the period without laughing at some of the outlandish gadgets that were considered advanced at the time and are now antiques, like the giant computers that had all of one K of memory.

Anyway, one of the satirists was a cartoonist name J. Norwood (Ding) Darling who was quite famous at the time and of his cartoons showed a scientific-looking gentleman telling an incredibly dumpy looking woman (all women over 30 were incredibly dumpy in those days) a rather complicated box with binoculars affixed to its top and telling her that with this machine she would be able to tune to her husband's personal wavelength and know what he was up to at all times (apparently so she would know when to have the rolling pin ready).

Mr. Darling thought he was being funny, but it turns out the joke was on him. Not only does everyone have a personal wavelength, but even as he was drawing that cartoon someone was working on a device which would accomplish exactly that. Unfortunately, the Delaware Camera is just too complicated for me to build so I will have to leave any discussion of it to someone who has actually worked with one, if ever that person would stop being scandalized long enough to speak

to me. Instead we are going to deal with the more mundane practices of telepathy and remote viewing.

I would imagine that by now you are absolutely furious with me complete with steam coming out of your ears, and demanding that I get to the point. Okay, the personal rate is really quite simple. As I have just said, it is the rate at which your mind, the real operator of your machine, is most clearly in touch with the part of your subject that is most receptive to being touched, something like finding the closest tuning point on an FM receiver. Once you have this rate for any individual, you can send him a telepathic message with much greater clarity than you would by the usual means of transmission. Your way of working will be much the same, but you will be tuned to your target with great precision.

Let us try a little experiment. Now for this experiment, you will need someone who is a bit of a blabber-mouth, someone who will talk to you, or anyone else for that matter, about anything, including what he or she dreamt the night before.

Taking the personal rate is simplicity itself. Assume that your victim is your long-suffering Aunt Myrtle, who is coming over for dinner tomorrow with Uncle Eustace (which is not surprising considering that she cannot drive), he of the former twitch. The the witness of your Aunt which you have cut out from the picture of the last family picnic, the one where cousin Oswald fell into the poison ivy while relieving himself, and put it into the can. It may help you to write "personal rate" on a small piece of paper and put it in the can with the picture, but it is not necessary.

Take the rate.

Now, take your pendulum and set the box so you can sit with one had on the stick plate and the other holding the pendulum near something it can hit.

Have you got that? Good!

Now, ask the pendulum to tell you what time Aunt Myrtle will be asleep. Not in bed, but asleep. There is a difference. Let us assume that the pendulum strikes once. That means that you can go out and play until one in the morning because you have nothing to do until then. At the appointed hour, ask if Aunt Myrtle is sleeping yet. If it swings positive, you can begin. If not, wait an hour or so until you get a positive swing.

With your hand on the box, close your eyes and begin to meditate. while you are doing this, see your Aunt Myrtle in your mind. Try to get as clear an image as possible and hold it. Now when you do this, you may get some extra information coming through and this is quite normal, even though you did not know until this point that Aunt Myrtle snored louder than a truck with a bad muffler. This whole thing is creating a very strong telepathic link between yourself and your aunt. Later on in this book we will make devices which will make this link even

stronger, but for our purposes right now, you are in more than sufficient contact to influence her dreams.

Now this can be tricky. I should warn you in advance that the subconscious mind, which is what we are working with here, can take its own turns and surprise even those of us who have been doing this for years and years. A good thing to work on is some strong feeling, such as hunger. Remember, you are going to want her to talk about her night, so it has to be something that she will want to talk about and erotic dreams of the neighbor's pet rottweiler is not going to be something she will admit to.

While holding your aunt in mind, begin to think about food, preferably something she likes. I mean, you may love escargot, but she may be repulsed by the thought of it (a problem I have with my wife who keeps thinking of garden snails). So make it her personal favorites while avoiding things that repulse you, like brussel sprouts. You will want to make this so clear that in a few minutes you will have to attack the refrigerator yourself. At that point the experiment is ended and you can eat your sandwich and then go to sleep. The next day, when Aunt Myrtle and Uncle Eustace come over, engage in the usual chit-chat and then bring up the subject of your snack last night. At this point you should hear all about her dream.

Using the box as an aid in remote viewing is a bit more difficult. It takes some practice and time, so be patient. In case you don't already know what remote viewing is, it is the ability to see things mentally at a distance with enough accuracy that you can cause the people guarding Area 51 to become very nervous and start tapping your phone. Just kidding. If the government had to listen to everyone who does psychic stuff in this country they would have no time to listen to each other and learn the secrets of the next presidential campaign. Still, just in case you want to have some fun and there may be a truth to the story about a giant computer somewhere waiting for certain words, be sure to say Anthrax every time you have a long-distance phone call. It will drive them nuts.

Anyway, around the turn of this century, soon to be the last century, the term used for this was "travelling clairvoyance," so if you run into that phrase in an old book you will know what it means.

When I wrote the first edition of this book, the Defense Department was doing a lot of work with this skill under the direction of Ingo Swan and General Stubblebine (his real name! When I first heard it I thought it was a joke because it sounds like something right out of Rocky and Bullwinkle.). Some of what they did apparently was surprisingly accurate but when a few of their people went bonkers and started looking for the Ark of the Covenant (which EVERYONE knows is in my bedroom because Grandma used it for a cedar chest) the bean counters in the Pentagon got very unhappy and ultimately sacked the lot.

The problem with their method was not that it did not work. It worked very well. The problem is that it is too structured and boring for the average person to put up with. For example, one of the requirements was for the viewer to make a sketch of what he saw. Now I can't sketch for diddly and so that would have left me out if they had wanted to hire me and at that time they did not know I existed. Then the first edition of this book came out and I started getting fan mail from Fort Benning. And the stuff they looked for was boring too. I mean, who wants to pick out rock formations from coordinates on a map?

Even so, remote viewing is a most useful skill and one that anyone who has the time should probably learn. It has so many uses! But before I explain the use of the box in this regard, I will teach you the basic skill. The actual practice is rather simple, but it may take a few tries to get the best results so don't get discouraged if you have some troubles with your first tries.

You already know how to meditate and I hope you have been practicing it with some regularity because that is how we begin. You will use the methods of meditation to focus your mind on the target, in this case let's say it's your mother. It can't be mine because you don't know her and she's dead anyway. Now this image can be something you remember, such as seeing her watch television, or something different, something she is doing at the moment as you concentrate on her.

The latter is what you are after, so close your eyes and try to see her in the space in the center of your forehead. Some writers recommend that you image a blank screen there and let the pictures come onto it. If that method sounds good to you, by all means try it. Whatever works is right. In any event, try to see her as she is right now, holding her image while willing yourself to see what she is doing at this very moment. When you get that image, hold onto it. Look around. Try to get as much detail as you can. Where is she? What is she wearing? What is she doing? That sort of thing.

For this experiment, as for all the others, it is best to use someone you are close to. It makes verification that much easier. After you come back, as it were, it is a simple matter to give your mother a call and ask her what she was doing. This method is much better than drawing pictures, especially if you have my skill, or lack thereof at drawing.

That was pretty simple, wasn't it? I remember my first experience with it lots of years ago when I was student. A friend of mine and I were waiting for a third person and she was a bit late. Being naturally curious as to the reason for this my friend suggested that we try a bit of psychic research. We both closed our eyes and looked for her. And wonder of wonders, we found her, in her car, driving the wrong way! After that we did not expect her and it turned out that she had an emergency errand to run and was in her car to that place while we were looking in on her. You must admit that this type of experiment is much more

practical than trying to describe a unique feature of the landscape around James Bay.

You should practice this method several times without the machine. That way you will get the basics down before moving on.

When you feel that you are finally getting the hang of remote viewing, it is time to use the machine. Choose the subject you wish to view and obtain a witness sample. By now people should be used to you running around with a camera taking everyone's picture, so you can get one easily enough. Having done this, put the picture into the can and get a contact rate. Place your left hand on the stick pad and close your eyes. Begin to meditate, visualizing the person in the can. If things are going right you should get a pretty clear picture, at the very least some real strong impressions. Now, at this point it is a good idea NOT to let folks know what you are doing. Some people get very paranoid and while it is great fun to make them nervous it can sometimes get in the way of learning how accurate your findings are. Fortunately, most folks like to talk a lot and it is usually a simple matter of listening to verify your data and they will never be the wiser.

Practice with people for a while. I have found from experience that they are the most interesting of subjects. But after a while you should be ready for the next step, looking at locations and watching what is going on in them.

The only difficult part of location work is finding a witness sample. A photograph is by far the best and one of the best ways (which was not available at all when the first edition of this book was written) is to set your search engine to find pictures of it on the web and then download them. A printed copy of such a picture is a perfect witness sample. Now, to lock in your own consciousness to what you are doing, put this picture in the witness can, write "remote viewing" on a piece of paper and put it in the can with it and then take a rate. Verification of what you see is best found by watching the news so it is best to pick a location that is likely to be on it, like a courtroom where a highly publicized trial is taking place then all you need to do is watch the news and see if your information is accurate.

Anyway, with some imagination you can readily see how useful this can be so have at it.

TO STAY HEALTHY

The subject of psychic healing is one which always produces some trouble in the mind of the writer, especially in my case because healing is most definitely NOT my thing and something I only do under extreme duress. There is always the fear that a zealous reader will take the advice given to him and do something really stupid, like give up insulin for his diabetes. Therefore, in putting this information before you I am going to expect that you will use some degree of common sense in its application.

Let me illustrate what I expect you to avoid. At one time in my life I found myself hanging around with a group of religious-type people (hell, the girls were cute) and a faith healer came to town. Being of a somewhat skeptical bent, I was unimpressed by his habit of pouring oil on people and pronouncing them cured of everything from arthritis to the dreaded spotted nose-drip. As you may well expect, my lack of faith was a great trial to my friends but they came to appreciate my point of view after one of their number who had been copiously greased with olive oil announced that his eyes were healed, threw away his glasses and drove into a tree on the way home.

I insist that you do not make the same mistake. If you are under medical care, DO NOT, even if the your pendulum, stick pad, instincts and the sacred chickens say you are healed give up either your medicine or your doctor. The last thing I need to run into on a jaunt into the astral plane is the spirit of one of my readers who died of stupidity.

So how do you use the abilities taught in this volume of ineffable wisdom to keep your body in good health? The same way you would use conventional medicine; that is to say, by prevention of what can be prevented and treatment of that which is not. It is far easier from the psychic point of view to prevent illness than it is to treat yourself after you have come down with something. The reason for this should be obvious. All psychic activity requires the ability to concentrate, and concentration is impossible when you are coughing. Believe me, I know. So we will begin with prevention.

You start by resolutely avoiding paranoia. Now, by this I do not mean that you are in any great danger of becoming a hypochondriac in the normal sense of the term, but you must face the fact that we live in a hypochondriacal society. If you have the bad habit of watching the news, particularly the local crap, you are constantly besieged by messages of illness, potential illness and possible cures—usually in the form of some over-the-counter patent medicine. To make matters worse, many local stations have their own version of Dr. Guiltgiver, who reports on all the latest plagues and their symptoms and what the viewer can do to avoid them (usually by avoiding everything that makes life worth living). As H. L. Mencken said, “In the heart of every puritan lies the fear that someone, somewhere might be happy.”

As if this were not bad enough, there is the disease of the week TV movie (not as many of them now as they used to be because no one watches them anymore) and the ubiquitous commercials, which, if viewed with a discerning eye, would give one the unfailing impression that the nation's senior citizens have teeth that don't fit, are always constipated and not potty trained. Not something we want to look forward to, is it? It would be funny, and often is, but for the fact that even granting you are sane enough not to believe ANYTHING that is said on television (unlike Archie Bunker and the Dumbest Generation), the continuous bombardment of this garbage is eating away at your subconscious, which is exactly what the network bean counters have in mind. They are hoping that by the time is over you will feel sick and go out and by the patent medicines.

I do not expect you to become an anti-television fanatic; in fact I hope you avoid becoming a fanatic of any type, but I want you to be aware of the corrosive effects of watching too many commercials. It is best that you time shift your watching with a vcr so you can avoid them, or failing that, mute the television every time one comes on. This will give you the satisfaction of knowing that the advertisers have spent gazillions of bucks and you have foiled their nefarious efforts.

Having dealt with that problem, let us now turn to the more pleasant subject of protecting yourself from the onset of disease. There are three basic methods of performing this operation: 1) strengthening the etheric body, 2) creating a protective thoughtform and 3) radionics.

The process of strengthening your etheric body to resist disease is accomplished by visualization. You should be quite practiced in most of these techniques by now, so this procedure should give you no trouble at all.

Any disease will appear first in the etheric body before it manifests in the physical one. The length of time prior to its physical appearance will vary, with hereditary malfunctions being present for a long time, while a virus may only show up as a weakness in the etheric body which will allow the bug to attack as soon as it gets into the physical system. Every etheric body has its weaknesses, otherwise we would never get sick, and I must warn you that it is very difficult to eliminate them all. You must not feel as if you have failed because you find yourself in bed for a few days or even in the hospital donating a part of your lung to the cause of science. It is far worse to fall prey to malady of those who have so much faith in the power of faith that they condemn themselves if something does not go exactly as planned. By now you have probably discovered that in the area of psychic work things often don't go exactly as planned. Fear not, it will work more often than it fails and you will end up enjoying far better health than your neighbors.

So, start to visualize, you will want to see yourself surrounded by your etheric body, glowing with perfect health. Feel the energy of the universe filling your etheric body and making it glow with a brilliant, white light. As you do this, know

that all the waveforms that leave you open to disease are being cleaned out; washed away as it were, and you are now invulnerable to the bugs which float around us continually. You should repeat this procedure with some regularity, depending upon your own health and circumstances. For example, someone who works out of the his house would have to only do this once a week, while a person who deals with the public, as in a store, may have to do it as often as twice a day.

The use of a thoughtform to protect your health requires a bit more work and is probably best reserved for those times when a disease is making the rounds, usually during what is commonly called flu season, though the flu does not follow the calendar. Now, I know that there are writers who suggest that you can make a health-protecting thoughtform for general use, but my own experience has found that strengthening the etheric body seems to work better for that purpose.

By now you should be adept at making thoughtforms, so you should have little trouble making this one. Let's assume that in the place where you work there has been a severe outbreak of stomach colds since one of your co-workers brought her obnoxious child to the office (children are plague carriers and their presence in any environment breeds contagion). You already have your field in place so you are not too worried, but you would like to be certain. You would therefore meditate and create a thoughtform, giving it the specific instruction that it will block the disease as it attempts to enter your body.

If you thought that using a thoughtform is easy, wait until you use your box to protect yourself. Remember that every illness shows up first in the etheric body before it manifests in the physical one. This fact cannot be repeated too often. Therefore, it follows that if you can keep your etheric body free from the waveforms and thoughtforms which weaken it, you should be able to avoid most difficulties, at least in the matter of health. While the strengthening of your etheric body will block individual ailments that appear to be most threatening, the radionic box can seek out and eliminate the weaknesses which are present now and may lead to trouble years from now.

When doctors first started studying radionics, they discovered that there were certain conditions present in practically everyone they diagnosed. They came to the conclusion that these conditions were present in the environment and while most radionic practitioners agree that they are present, they disagree violently about their source. Some claiming that they come from the ground, others going so far as to say that they are the result of a previous incarnation, though how they would prove this is open to serious question. Anyway, there is agreement that there are at least three, although they argue over which three. Abrams listed them as Cancer, Tuberculosis and Syphilis. You can well imagine the furor the last one caused. And to make matters worse and more confusing, Abrams was referring to the venereal disease.

Personally, I think too much is made over the “miasms” as they are called. The most important thing is to avoid hypochondria. The surest way to create a disease thoughtform is to worry about it.

Protective radionics can be done in two ways: the long, complicated way which is done by old fashioned practitioners in which the major organs of the body are studied to find weaknesses which are then dealt with specifically; or the short, easy way, in which the entire etheric body is balanced.

There is a middle way which I will now teach you. You will need your pendulum, your box and a photograph of yourself. You will also need your pendulum chart and it helps if you know a little of your family's medical history.

Many conditions are hereditary. If your father died of a heart attack, it is a good idea for you to take care of your ticker. Therefore, the first thing that you will want to do is learn what type of genetic ailments, if any, have appeared in your family. Once you have done this, make a list of them and place this list on the table in front of you. Place the pendulum chart before you and put your picture on the center of the chart.

With the pendulum in your right hand, hold it over the chart and point with your left hand to each condition on the list in turn. If the condition is present in your etheric body, the pendulum will swing positive. At each positive response, mark the condition so you will remember it later. When you are done, you will know what conditions need fixing. We'll get to the fixing part in a minute.

First, how to do a general balancing of the etheric body.

This is very simple. All you need to do is take a rate for your general physical condition by putting the witness of yourself in the can and taking the rate as I explained in the previous chapter. Once that is done, simply do a balancing rate. Do this every once in a while as a prophylactic.

Now, suppose you have found a pre-existent or genetic condition that you want to be rid of, or have, in spite of your best efforts and many sacrifices to Moloch, come down with the latest virus? For these, it is best to use the box for the reason I have already alluded to, namely that concentration is impossible when ill. The treatment procedure is the same as I have outlined in the previous chapter with one addition.

Let us say that you have a sore throat. Write the condition on a piece of paper and place that in the can with your witness sample. But, when you turn the dials, try to see your throat. This is actually easier than it sounds and with a little practice you should have no trouble accomplishing it. After all, you should have some idea what your own throat looks like! Once you have the rate, balance it as you learned to in the last chapter and wait. In a reasonably short time you should feel better.

Another method which works pretty well is to write a command on the paper, such as, "Heal my sore throat," and place this in with your witness sample. When using that method, you simply take the rate and leave the dials set that way on the box.

Once you have set your machine by either method, use your pendulum and chart to find the strength of the condition you are trying to heal. It is a good idea to leave the box set at the curative rate until the pendulum reads 0. Another good practice is to reset the machine every couple of days until the condition is out of your etheric body. This done by rebalancing or taking a new curative rate.

Now I'm going to close this chapter with a few other comments. Psychic healing and radionics are no substitute for normal medicine and I don't care WHAT their more enthusiastic advocates say. If you come down with a serious illness, go to your doctor and take your medicine. Use the box as well, but follow the doctor's instructions. You cannot hurt yourself by using the box as I have just instructed you, but unless one is an experienced practitioner in the realm of medical radionics (and there are damned few of them in this country), it is extremely unwise to totally depend upon radionics for your well being. We are not miracle workers here, so always apply a good dose of common sense when dealing with your health.

One other thing, it is not a good idea to mention to your doctor that you are using this stuff. Some medical people get very upset at the mere mention of radionics and you don't want to ever give your surgeon a reason to start laughing.

GADGETS

The radionic box, as you have discovered by now, is a wonderful instrument, and a tremendous number of unusual and entertaining things can be accomplished by skillful use of it. In and of itself, however, it is not completely sufficient to accomplish everything you will want to do. It is often necessary to supplement your basic box with other devices, and these can be used either alone or in conjunction with the box.

The first of these contraptions has a little problem in connection with it. The machine is called the “teleflasher” and the difficulty involved in using it is that it does not work.

What??????????

That’s right, it does not work, at least in the way it has been touted as supposed to work. Oh, it’s just fine for playing little psychic games with people who know that you are using it and, if the wind is coming out of the right direction, you might even be able to send a one-word message to somebody who does not know that he is on the receiving end of such an experiment. But the teleflasher as it was described in most books on the subject years ago is virtually useless for the purposes of this book.

Now, by this time, you are probably wondering why I would waste my time and yours on something that does not seem to be worth the trouble of making. Well, hold on. I said that it is useless as it is described in most literature on the subject. By the time I am through telling you how to work it, you will discover the teleflasher is an excellent supplement to your box.

Before I tell you how to make one of these machines I am going to explain to you just what the teleflasher is, how it works and why my modifications worked better than the original designs. Pay attention to this, it may seem dry but learning about this stuff is worthwhile in and of itself and will help you when you, as so many of my other readers have done, set about to designing your own devices.

I first came across the teleflasher some 20+ years ago in a book by Sheila Ostrander and Lynn Schroeder entitled Handbook of Psychic Discoveries. They went into great detail describing this machine, what it does, why they thought it does what it does or was claimed to do and telling how to build it. They claimed that the invention of the unit had its roots in Soviet research and right there that should have sent up a red flag, no pun intended! After all, these were the people who claimed to have invented everything from fire to the wheel which is ridiculous because we all know AI Gore invented them. If you combine the somewhat inflated claims that came out of Russia and the joyous credulity of some Americans you get a terrible mess of stories.

Anyway, enough digression. The teleflasher is basically an instrument which uses a flashing light to cause the mind of the person using it to transmit images in pulsed packets. And there is some evidence that the pulsing seems to help. Unfortunately, problems can arise when trying to transmit anything complicated. If you are going to send the number two to somebody sleeping in the next room, you will have little trouble. If you are trying any of the sort of experiments we are talking about you are going to have some difficulties to say the least.

The problems lie in two areas: the conditions of working the device and the design of the device itself.

To properly use the teleflasher can be quite an interesting task for someone who lacks experience in telepathy experiments. In order to get any kind of results, you have to first be able to get into the meditative state. After you have done this, you must be able to concentrate on the image being flashed at you. This is not as easy as it seems. The creators of the miraculous teleflasher forgot that the pupils of the eyes open and close with light, so when each time the light flashes, they close a little and the resulting effect can destroy concentration.

While you are battling with the flashing light you have to not only concentrate on the image before you, but also onto your target. You have to be able to hold two images in your mind at the same time and that is a lot easier said than done. In addition, you must also be able to send, or know that you are sending, the image to the target.

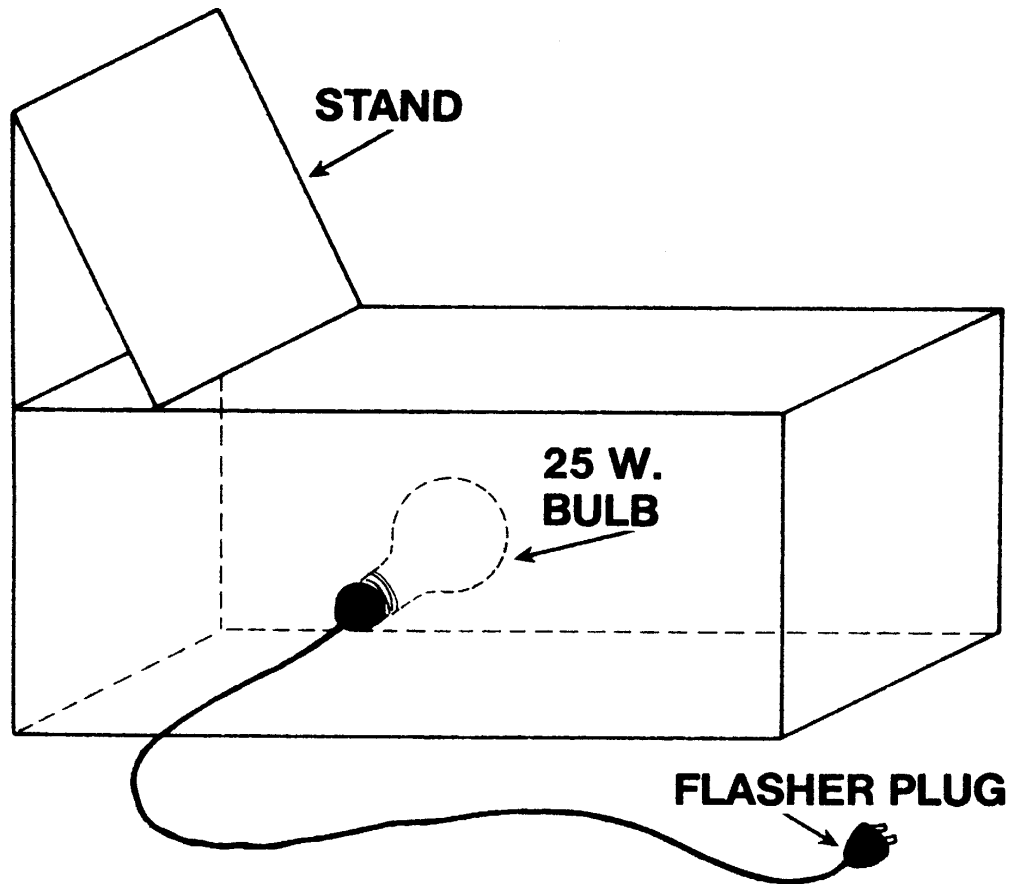
You can easily see what a difficult proposition using the teleflasher can be. Now, add to these problems one very serious design flaw.

The teleflasher is nothing more than a box with flashing bulb inside which illuminates a word or picture. The conventional teleflasher was very good at illuminating words, but was useless with pictures. Why should this be? A simple teleflasher could have been constructed using a slide sorter with a flasher plug attached. The message to be sent was placed against the illuminated screen and the light flashed around it, causing the word to stand out in silhouette. This meant that anything to be transmitted had to be adaptable to that form of lighting. You could not, for example, transmit a picture from a newspaper. A photograph would likewise be useless.

Faced with the above difficulties, it was amazing that anyone was able to get any results at all with the device.

With my method you eliminate these difficulties. We begin by making a simple modification to the box itself. In the drawing you will notice that the light box does not stand up but lies flat, with the light coming up out of the top. You can easily make this by taking an old shoe box and cutting out the bottom. Over the empty hole where the bottom used to be, glue a sheet of wax paper. Now, get

thee to the hardware store and purchase without haggling a light bulb socket, with cord and switch attached. While you are there purchase as well a 25 watt bulb and flasher plug.



When you get home, cut a hole in the side of the box just big enough for the socket and fit it in. Screw in the bulb inside the box. Attach the flasher plug to the cord, plug it into the nearest outlet from when cometh the electricity and turn on the switch. Assuming you have remembered to pay the bill, the light will go on with a dull glow for a few seconds and then begin to flash on and off with a more or less regular rhythm.

Now that you have an idea of how the light will come out of the translucent screen, you have to make a stand for the message. Take a piece of thin cardboard, the bottom of the box will do nicely, or a piece of poster board. Bend this so it will stand at the end of the box as in the drawing and glue it in place.

Ok, now that you have it is time to work with it.

First you grab your box and pick out a witness of your subject. Take the contact rate and then find out with your pendulum when the target is sleeping and at that time transmit your message.

It is of some importance to carefully choose the message you intend to transmit. I have found that it is often best to use a picture to send to the sleeping target, particularly if you are going to try to verify that the subject received your message without the subject knowing it. Let us assume for the moment that the target is your long-suffering (as she often reminds everyone) Aunt Myrtle. It would be a good idea to choose a picture that she would likely remember in the morning, such as a tintype of the ancestral mansion. A picture of yourself may be an excellent message to send, especially if you are going to see her the next day.

When the appointed hour strikes, have the box already set up at some place where you can lay your hand on the plate without being uncomfortable. You may even be able to rest the box on your lap. Set the teleflasher on a table so that stand with the picture on it is at eye level or just slightly below it. Prop the picture up and turn it on which will illuminate the picture.

It is NOT a good idea to completely darken the room. Remember what I said about the flashing light and your eyes. I have found that it is best to simply dim the room light slightly, or use a small lamp on the other side of the room.

You are finally ready to begin. You sit before the flasher, lights dimmed, the box ready, your hand on the plate. Now, get into a meditative state as you have practiced. Get good and relaxed, all concerns of the day banished from your mind. It is not necessary to focus on the mind of the receiver for this. The box will do that for you. Remember, once you put your hand on that plate you are in contact with your target.

Turn on the flasher. Watch the image flash on and off, while keeping your mind as clear as possible. The flashing image will automatically be transmitted to Aunt Myrtle and she will have an exceptionally vivid dream about whatever picture you send. The next day, when she comes over for the Sabbath dinner, cunningly bring up the subject which will get her going on the dream you sent her and watch as Uncle Eustace becomes upset at his wife for bringing up such nonsense during the football game.

Now let me explain how this works.

You already know that the box is locked onto the target so concentration on that is unnecessary. What goes on between the flasher and your hand is a bit more complex. Working backwards, we know that one of the better emission points for

psychic energy is the palm of the hand, which is why miraculous cures of drunks involve the laying on of hands and feet. When you lay your hand on the plate, you are hooking yourself into the circuit of the box and whatever comes out of the box is going to be shot at the target by way of the witness. As you are using the contact rate, this means that any energy you put out will be sent, no matter what form or what information it contains.

The information comes from your brain, where whatever message you are sending is processed and usually mixed up with a whole bunch of other messages. This is one of the reasons why untrained senders have so much trouble getting results.

The teleflasher makes that concentration easier, and were it not so difficult to do all the things that are necessary to make it work at the same time, the mind would be able to interface with the brain and send out the message on the flasher with little trouble. As it is, the combination of these devices creates a transmittal unit of great power and accuracy.

The eye, picking up the flashing light, sends the image to brain, not in a steady flow, but in quick bursts. The more rhythmic the bursts, the more likely they are to activate that part of the brain which controls the sending of psychic impulses. Notice I said Brain instead of Mind. What we are working with here is nothing more than electrical activity, which in some unknown way causes the psychic capacity to become activated.

So let's get on with it. By now you know how to control what goes out of your mind when you transmit. Even if you have trouble holding an image, and lots of people have real trouble with that, the teleflasher solves that problem for you. You can lock onto a target with an accuracy that is the envy of cruise missile designers. So now you have to decide what you are going to do with this ability.

Theoretically, you should be able to send a message to anyone, anywhere and at any time. And send you can. The problems are at the receiving end. As we know, most people go through life with a lot of junk crowding their heads. That is why the experimenters in their laboratories to so much trouble to block out any extraneous information coming in to their receivers. That is also why their experiments have often seemed so primitive. We are simply working with a greater level of difficulty and that is why there is so often a gap between theory and practice. In theory, for example, we know that you should be able to accomplish anything in this book by simple meditation and visualization. In practice, this is not going to happen.

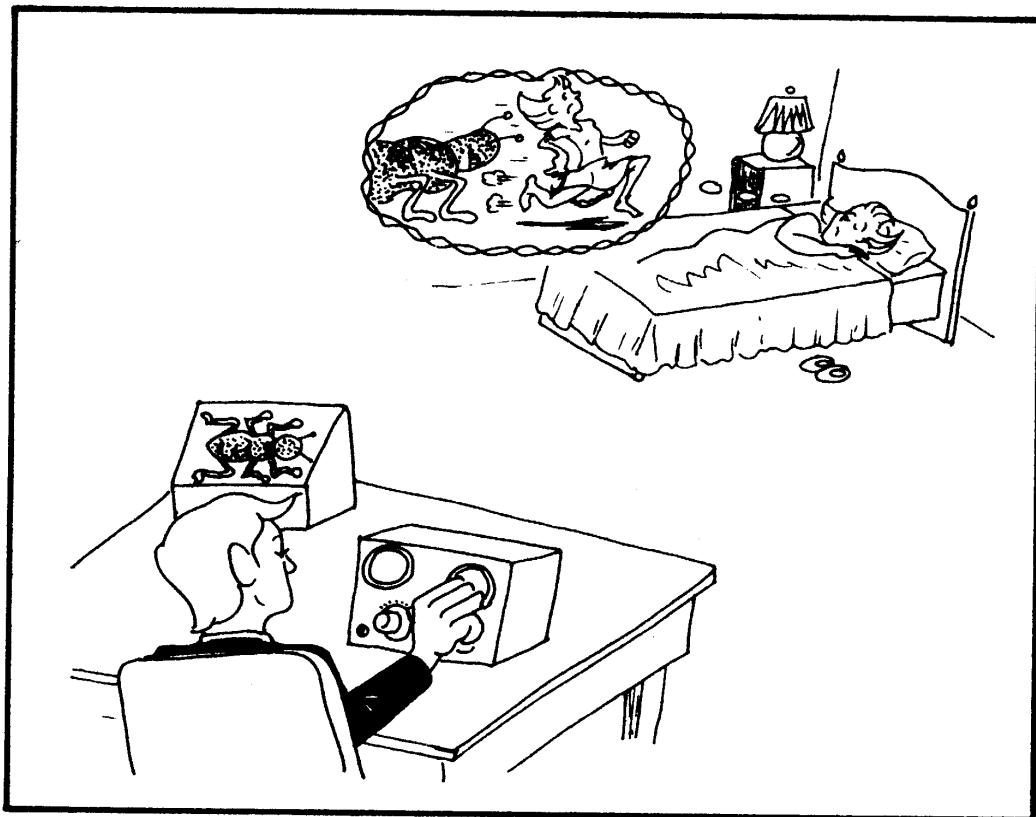
Next experiment:

Again, begin by choosing a victim that you know. It is not good to start with total strangers because you want to know if what you are doing is working. You see,

there is a serious requirement in all psychic experimentation. The person you are working on must have no idea that he is a test subject. This rule strikes a lot of fools as unethical, but only a fool lets ethics, particularly other people's ethics, get in the way of research. By using an unaware victim, you can be certain that he is not going to consciously or unconsciously screw up the data.

Always get a good witness if possible. Slides are excellent as are digital images which are easily printed up for your use.

Don't expect miracles overnight. If you are trying to influence a dream, you can reasonably expect results the next day. If you are trying to influence attitudes or behavior, remember that many factors go into these things and you are only adding another, albeit a powerful one.



For example, your local scumsucker of a politician is going to have to vote on a subject that you have a personal interest in; say a new tax on widgetmakers or something. You strongly desire that this bill, like the enemy, shall not pass. Given your knowledge of psionics, which you have diligently studied and put into practice at every conceivable opportunity, you make the quite reasonable decision to use the box and the flasher.

Now, if all things were to go according to the ideal, the politician would be properly influenced and would vote against the bill with little effort on your part. But the world does not work on the basis of the ideal. In fact, it usually does its best to work in the contrary fashion and the political filth has other influences working on him. The franistat makers have not only heavily lobbied but there are more of them and they donate lots of money to his campaign, to say nothing the extra business they have given his wife's law firm. The politician has had some rather unfortunate experiences with widgets, one of them blew up in his face when he was a boy, thus he views widgetmakers with something of the same disdain that humans feel towards steelworkers.

In the face of this overwhelming energy, you are going to sally forth and try to cause the politician to vote your way. It is quite possible that you may succeed, but it is not likely. It is, therefore, a good idea to know your target subject and be as familiar as possible with his attitudes.

You should always set up an experiment in such a manner that success is easily determined. Try to create experiments in which the results are obvious and not the sort of behavior that one expects under normal circumstances, such as making the local soccer slut turn her minivan in front of the speeding truck. By taking this route, you will make this work much easier because with each success you will gain more confidence in your abilities.

So much for the sermon on experimental methods. If you have been using the teleflasher with the box you may have noticed that sitting with the box on your lap can be a bit inconvenient, especially if you are built like me and don't have much of a lap to begin with. So NOW, with drums and fanfare, I am going to describe the device I created to make a direct contact between yourself and the box, the device that has sort of made me famous (or infamous) in the psychic world—the Psionic Amplifying Helmet!!

HURRAY!!!!!!!

The story of the helmet is well known by now and there are even a number of good versions on the market. It began as head electrode built into a helmet the day I created my first radionic box and then sort of progressed from there. The version I am going to explain now is one of the first tunable units and, for my money, still one of the best. It is simple, uncomplicated and works.

Now, this sort of thing was not original with me. The idea of a psychic amplifier built into a helmet was a staple of science fiction writers and comic books and there was even a real fun, albeit really bad, Boris Karloff movie, The Devil Commands, based on the idea. And, as everyone in the world knows by now, I have this thing about helmets, it was only natural that I would go to work on the

idea. Besides, it looked a hell of a lot better than the silly pyramid hats the New Age nutjars were peddling with I started to work with psionics.

And it did not mummify the brain!

As you can see from the two drawings, the component parts are built into the helmet itself, making it possible for it work as a self-contained unit with the tuning dials at the front and the antenna encased in the crest. To build it you will need:

A plastic helmet (a hard hat is perfect)

three potentiometers (the value does not matter like in the box)

three knobs

a small jack

8 1 inch pieces of magnet strip (usually found in craft stores)

a piece of foil

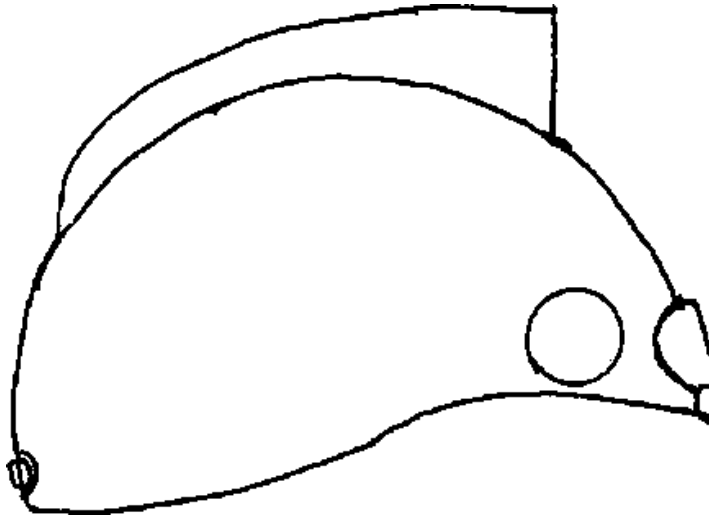
several feet of unshielded copper wire for the coil and antenna

a sheet of ½ inch Styrofoam for the crest

duct tape

red spray paint

The very first thing you must do when you get home from the helmet store is to try it on. It is important that it fit comfortably. After it is adjusted, put it on and look in the mirror and try to get some idea of how the device will look after it is completed.



Okay, now that you have an idea of what your going to do, take the helmet off and look at the front. Find the center of the forehead, high enough so that the works of the potentiometers will be inside without scraping your head and the dials in front will be able to turn without running into the brim. Mark this point with a felt pen and measure a couple of inches off to each side and mark those points as well. This way when the pots and dials are mounted they will form a neat row in front of the helmet.

Now figure where you want to put the jack. Find a place where it is not going to scrap your head when you put the helmet on and once you have done this again mark the spot with a felt pen.

Now find the center of the top of helmet and mark that.

Having done all that, go out to the garage and hook up your drill. Find the right size bits for the potentiometer screwing point at the base of the stems and drill those holes. Then pick a new bit for the jack size and drill that hole. You can use the same bit for the antenna hole because that is only for a thin wire.

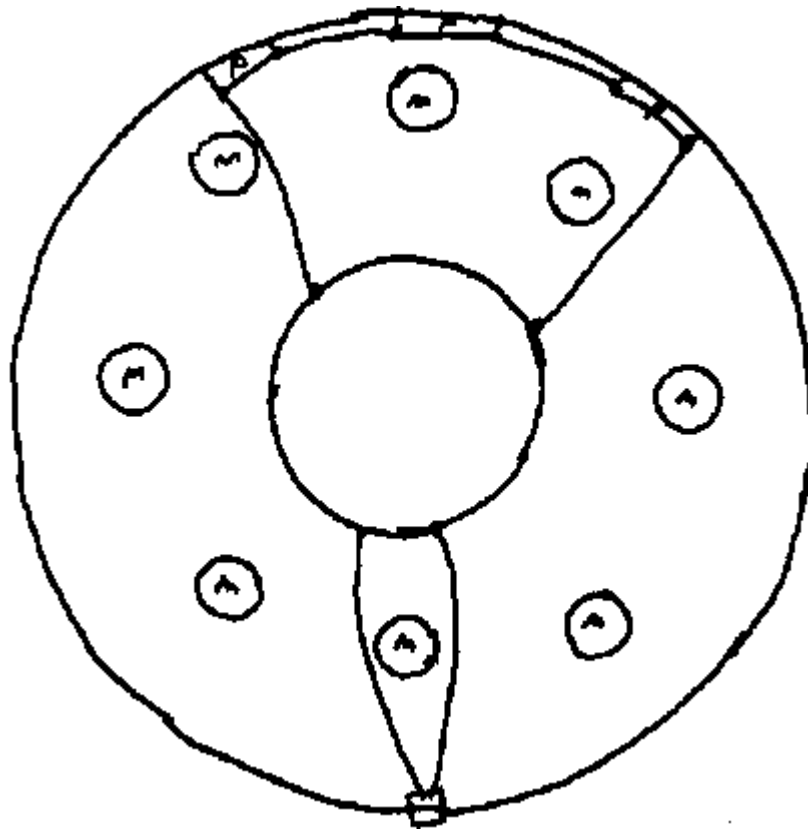
Now wire the pots in series, as in the box and mount them on the helmet. Don't mount the knobs yet.

Cut the magnet strip into the 1 inch strips and stick them inside the helmet as in the interior drawing. Alternate the polarities by putting them in horizontal and vertical arrangements, so for example if the strip in front is horizontal, the two on either side will be vertical. Try to place them at equal distances.

Put the liner back in the helmet if there is one.

Make the coil of unshielded wire with enough left over to go out the top of the helmet. Wire the coil to the foil circle and then run the end of the wire out the top. Mount the circle so it will come into contact with the top of your head.

Time to mount the jack. You will notice that, like the pots, the jack has three tabs. Mount the wires to the two outside tabs and forget the center one. Making sure that the wires from the jack are long enough so that they don't interfere with your head, attach the ends of them to the foil circle as in the figure.



Attach the end wires from the pot series to the foil circle. The inside of the helmet should now pretty much look like the drawing so it's time to make the antenna and crest.

Making the crest is a little complicated, so pay close attention. Begin by cutting the sheet of Styrofoam into two equal pieces. Put them aside for a moment and proceed to make a pattern on a sheet of paper. Tape the paper down to a table and then rest the helmet on its side so that the top of the helmet is parallel to the

paper. Now trace the curve of the helmet on the paper. Cut out the curved section of the paper where the helmet had been and test it by holding the paper along the top of the helmet. They should fit together, if not you have to do it all over again.

Once you know the pattern fits, draw the complete crest on it. Then cut the Styrofoam so that it fits the pattern and try each piece on the helmet.

Cut the wire for the antenna and lay it along the side of one of the pieces of the crest. Be sure that the end of the wire comes out from under the crest. Spread glue on this and then lay the other half on top of it to make an antenna sandwich. Put a heavy book over it for weight and then let the glue dry.

Once the crest is hardened, attach the wire from the crest and wire from the coil on the head plate together. Glue the crest to the top of the helmet and let it harden. Now wrap the crest in the duct tape to protect it and put some masking tape over the pot stems. Paint the helmet with the red spray paint because one of the things old Doc Abrams discovered that red on the head increases psychic output whereas yellow on the head decreases it. There is an obvious implication here but I would not be so crass as to mention it. When the paint dries, put the knobs on the pots and it's finished.

Wonderful, your helmet is done. At this point you are undoubtedly wondering what use this marvelous instrument may have. Like all radionic instruments, the helmet has the capacity to tune and target psychic energy, especially the energy emitted from the eyes. The helmet will also increase the output of visualized energy and aid in the accuracy of any transmission, with or without the teleflasher.

There are two ways to tune the instrument. The first method involves the use of the pendulum. Put the helmet on your head and turn the pots all the way to the left. Sit facing north or south. Holding the pendulum, begin to concentrate on someone you know. As you concentrate, reach up with your other hand and begin to turn the left knob. Turn this very slowly until you get a strong swing from the pendulum. Repeat this process with the other two. You are now telepathically linked to the person you were concentrating on and may send him a message to get off his ass and get the book into adobe like he should have a month ago!

There is an even better way to tune the helmet than the pendulum because the pendulum can be a bit tricky when used to tune radionic instruments. Knowing just when the swing is at its strongest can be pretty hard to detect and can make things rather time consuming. So now you will learn why I told you to put the jack in the helmet. It has lots of uses.

One of the earliest gadgets developed by George de la Warr was the portable detector. It was a rather cumbersome block of wood with a stick pad on top and a wire coming out of it to attach it to things. Well, when I built my first box, I made a portable detector of my own, much less complicated and was very proud of myself until I learned that it had been invented by an eccentric Englishman with bad teeth some years before I was born.

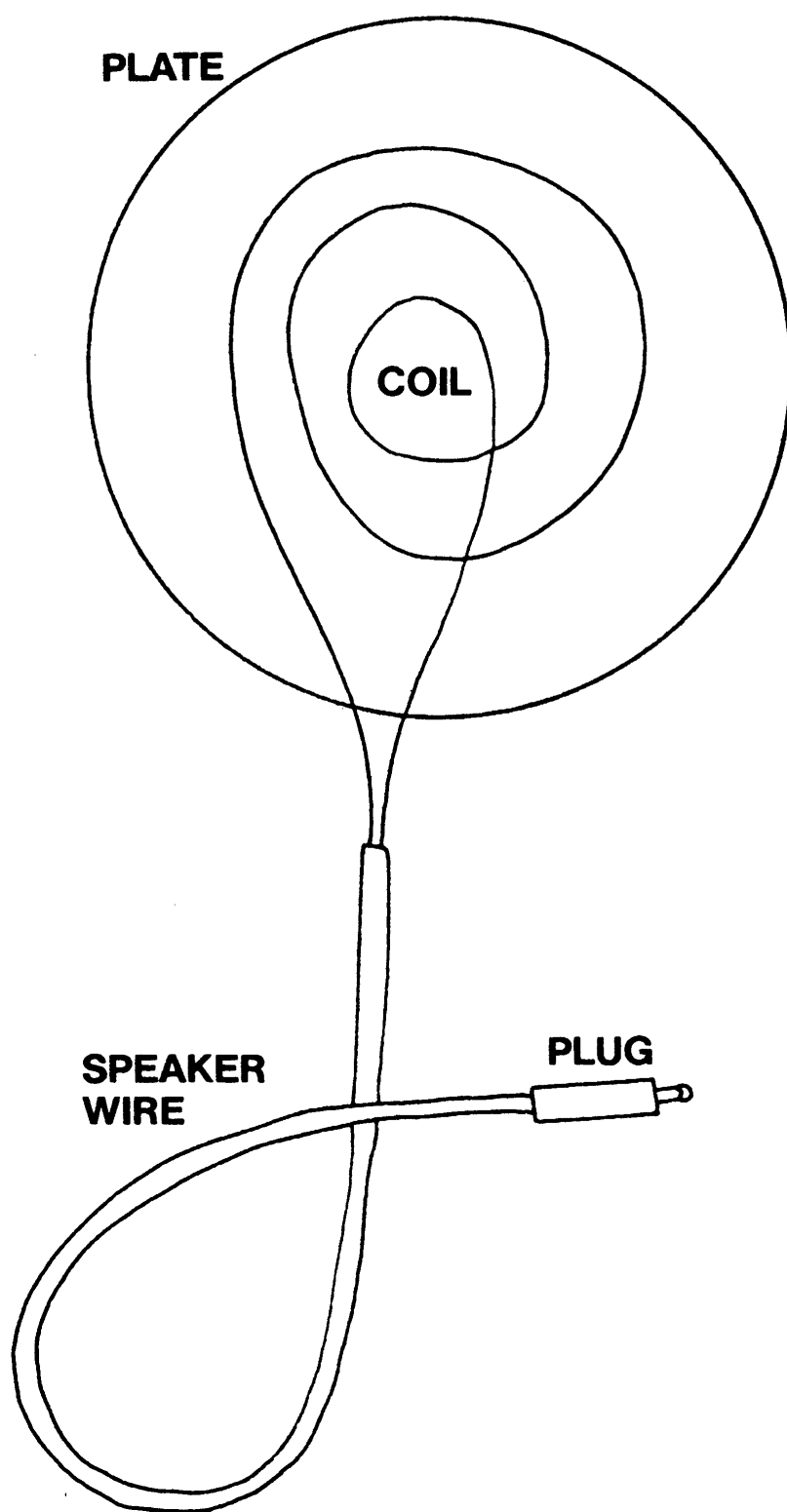
Anyway, mine is a lot easier to make so I'll give that one to you. You will need:

1 plastic stick plate like the kind you put on top of the box.

a length of unshielded wire

a length of speaker wire

a monoraul plug the same size as the jacks you use.



Begin by making a coil of the unshielded wire. You place this coil on the underside of the plate so that the coil is in the center and the two ends of the wire are extended near the edge of the plate. Tape this into place with electric tape.

Now strip the insulation off the ends of the speaker wire and separate the two cables. Twist one strand of the speaker wire around one end of the coil wire and repeat the procedure with the other strand. Wrap these connections separately and then together with electrical tape.

Take the plug assembly apart. It should simply unscrew, leaving the plug and its connecting points as one piece and the shield (the little plastic tube thingy) as the other. String the tube onto the speaker wire with the threaded end facing the end you will attach the plug to. Attach the strands of the speaker wire to the plug connectors and then wrap them with small pieces of electric tape. Screw the plug back together. Your detector is now complete.

When using the detector to tune the helmet, you plug it into the jack on the helmet. Now, concentrate on the person you wish to contact. While turning the dials with your left hand stroke the plate with your right thumb, just like the one on the box. And you will get the same stick at the right settings.

There are three principal experiments that must do with the helmet alone, without the aid of any other apparatus other than the stick pad. The first, sending to a distant subject, you have already done. The second experiment is similar but requires the use of a witness and the detector. With the helmet on, lay the witness sample on the table in front of you and concentrate on the subject while taking a rate on the helmet. Once you have the rate, you can disconnect the detector because it only sort of gets in the way. While staring at the witness, send your thought message to the person. As in your other experiments, you should try to send the type of message that will produce a verifiable response. Know that as you stare at the picture, you are staring at the person himself and that the message you are transmitting is being received by that person.

So much for transmitting. Now to test receiving.

In this experiment, you are going to be in direct contact with the energies of the person you are working with so try not to work with someone who is in going to be in a reasonably good mood at the time, at least until you get used to this stuff.

Set up the helmet and stick pad as before but this time, once you have the contact rate, place the witness on the pad, close your eyes and see the person in your mind. It's sort of like psychometry, well, it IS psychometry but with an advantage. In ordinary psychometric work, the experimenter will just hold a witness and take what impressions he is lucky enough to get. Some people can become very adept at this and cause all manner of embarrassment to their

friends. Me, I never could do it. If you handed me a ring belonging to a dwarf, I would say that he was six-foot-eight and his name was Wotan! With the machinery it is a different matter and with its targeting capacity you will be able to zero in on your subject and be able to come up with things you never dreamt of, and quite possibly things your subject would rather you never had and would pay you quite well not to talk about.

Play around with that and see what you get. You might be able to blackmail the neighbors for all kinds of things. But now we will talk about connecting the box and the helmet.

You will notice that I had you put two jacks in the box when you built it. Now go to the local electronics toy store and purchase a cable with a plug at each end the size of the jacks on the box and helmet. Once you have safely returned home, having avoided muggers, beggars and idiots selling flowers at intersections and the bargains offered by the ladies of the evening, bring out your box and plug the wire into the side with the can (the transmittal side) and then plug the other end into the helmet. Now you don't have to hold the box any more and you have increased your accuracy (the more dials the better).

Put the witness in the can and take a rate on both the box and the helmet.

Put on the helmet and face north/south. The reason for this is that the magnets arrayed inside the helmet create a field inside the head of the person wearing the helmet. It is not a particularly strong field, but it is sufficient to increase the output of that part of your brain that does the psychic stuff. By aligning yourself with north, you are lining up with the magnetic field of the earth itself and that will add to the boost you are getting from the helmet.

Anyway, now that you have this thing on your head and you feel totally ridiculous (there is no way to appear dignified while hooked into this stuff) the first thing you have to do is stop laughing. Once you have stopped giggling at the absurdity of all this, concentrate on your message, just as you did with only the helmet. If you have chosen the subject and message properly, you should get results very soon.

Repeat the reception (psychometry) experiments. Try to note any differences in perception with the addition of the box.

Now you can start to have fun and add the teleflasher to your work. A repeat of the dream experiment on Aunt Myrtle might be a good idea. After all, if you can't torment your relatives you might as well grind them up for dog food.

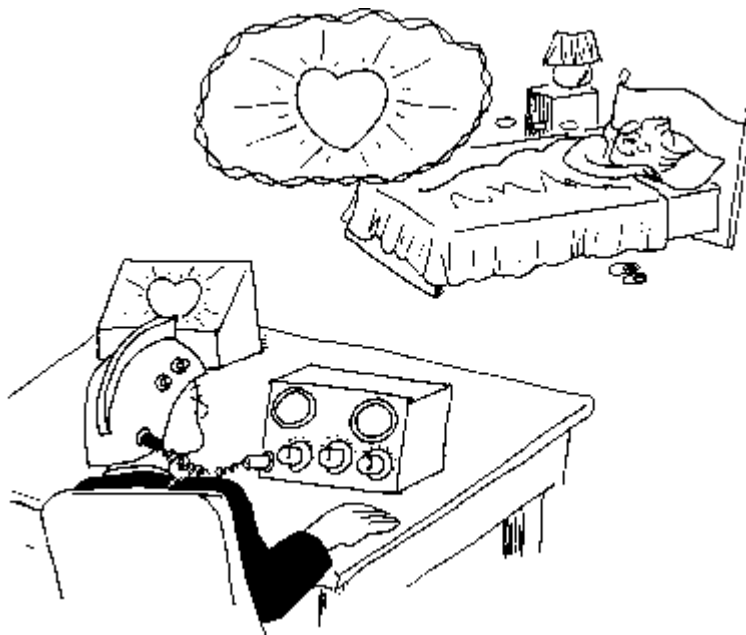
You arrange your equipment as before; the box on a table next to you and the helmet on your head. You then place the teleflasher in such a position that you can look at it without the wires getting in the way. Never forget that when using

the flasher you have to keep all visual distractions to the barest minimum. You would be amazed at how annoying the slightest shadow over the image can become, and the sensitivity of the equipment you are now using is such that any emotion you feel is going to be transmitted along with the message.

But the teleflasher can be used in much more interesting ways than merely sending messages to a subject. Let us assume that the local librarian makes you horny as hell and you want to bed her. Thus far all of your efforts have failed, including thoughtforms, meditation, even the use of the box. The combination of all the above elements can greatly increase your effectiveness in dealing with this problem.

Set up the equipment as prescribed and determine when she is going to be sleeping by means of the pendulum. Now, place a photograph of yourself on the flasher stand and take the rate for the target. Know that as you prepare to transmit, the target is locked into your equipment and anything that you send is going to quite literally blast its way into her subconscious. With that knowledge in mind, calm yourself and then turn on the flasher and open fire. I mean that phrase quite literally. Each time the flasher goes on, your mind is going to be sending the image of yourself like a psychic cannon shot at your subject and there is not a single thing she can do to resist it.

After several nights of this, you should notice that your subject is responding to you much differently than before. She will, at the very least, notice your presence. Now you have to add something to the image.



Get thee to the local porno emporium and procure a dirty magazine with pictures of what you want to do with her in it. The next night, transmit one of those pictures for five minutes and then transmit a picture of yourself for five minutes and then the other picture again. This should prepare the ground but now the rest is up to you.

MEETING OTHER MINDS

This chapter may seem a bit like a journey into outer strangeness, but I am quite serious. The machines you have built can be of great use to you in gathering much information from any human source and the source does not necessarily have to be living to give it to you.

When you set out to gather information, you will need a good witness sample, your box, your helmet, your pendulum and the charts for it. You set up the machine as always, taking the contact rate for both the box and the helmet and then you start to formulate your questions. A good starting point, if you are working with a subject that you know reasonably well, like your Uncle Eustace, is to ask the pendulum a few questions that can be answered with a simple yes or no. Then the next time you see Uncle Eustace find out if the pendulum was right.

After you have worked with that for a bit, you can go on to get more detailed stuff. Use the big chart with all the letters and ask the pendulum to describe for you in detail what Uncle Eustace is doing at that moment. As the words are spelled out record your findings with a small tape recorder and then, as discreetly as possible given the nature of what you may be getting, find out if the information is true or not.

As you become skilled in this technique, you will be able to use it on people you don't know and maybe don't want to know, but are nonetheless able to acquire a witness for. Politicians are perfect for this sort of thing for two reasons. First, they love nothing more than to have their pictures published so it is real easy to get a witness and second, everything they do ultimately gets made public so it is real easy to verify any data you get.

For example, you, for obvious reasons, want to know if your congress-swine plans to vote for a tax increase. Now, he has been asked this many times, but has never given a clear answer because he does not want to be lynched. An ordinary voter, assuming that voter is intelligent to read a ballot himself and not just vote for whomever he is paid to, would have a problem at this point because he has no idea what the politician has in mind. You, however, are no ordinary voter. You know how to work a punch card, and your congresspig's mind is open to you in all its Byzantine and deviously criminal ways.

You set up the machine as you always do, taking a contact rate for the representative. In this case, all you need is a simple yes or no answer to the question, "Mr. X, are you going to vote for a tax increase after you are elected?" Using the idiometer you will get the true information and then be able to go into the voting booth and cast your ballot knowing that you, at least, are smart enough to vote.

As you can imagine this equipment lends itself to all manner of interesting possibilities. You can learn, in fascinating detail, of your brother-in-law's

fantasies about sheep and dogs. In fact, it can become so fascinating that you may spend all your time eavesdropping on your neighbors and forget to mow your lawn which will explain why they are thinking nasty thoughts about you.

So much for the mundane uses for the combination of machines and pendulum. You can think of more than enough uses for that so there is no need for me to go into any more detail. Now we take off into outer lunacy because not only can the machine put you into contact with people who are alive, it can also put you into contact with those who have moved to a warmer climate, so to speak. While the basics are the same, the problems are just a bit different.

Your first difficulty is choosing whom to contact. Ideally it is someone for whom you can obtain a witness sample.

Your second difficulty lies in verifying any information you may receive from this person. You have to accept the fact that a lot of things you may be told cannot be verified and be willing to file them away as interesting but not particularly useful or even true for that matter.



The final, and most important thing to remember, is that YOU are the one in control of the experiment. This is not like the usual stuff of sitting down with a

Ouija Board (which incidentally works really well in place of the chart and pendulum) and waiting for a message to come through from an unknown source. You already know who the source is and ideally enough about that source to know if psychic taffy is being pulled. Control also means not accepting blindly everything that you get, particularly any emotions that may come through and if something does not feel right, end the experiment immediately. Break contact at once.

So much for the problems. Let us assume that you have the witness sample and the rate and are beginning to get a response from the subject. It is a good idea to avoid specific questions. You should already know all the specifics you need anyway. It is far more fun to ask general questions about the nature of his present existence. It is foolish to ask him anything about yourself. It is doubtful that he would know anything about you and it is unlikely that he can give you any information that would be of value to you unless it relates to what he did for a living while alive.

For example, if you are a writer and you have managed to have written yourself into a corner in your latest novel, there is nothing wrong with dialing up a famous dead author and asking for a little help. They are usually all too willing to give it! The same can be true of the soul of your auto mechanic who shuffle off this mortal coil and now you need to know about an honest replacement. Anyway, you get the idea.

There is one caveat here. You have to be practical in what you ask. You are not likely to get the directions to the Lost Dutchman Gold Mine or winning lottery numbers so try to avoid that kind of nonsense. Of course there is nothing to prevent you from asking a famous jockey whom he likes in the fifth, but please don't bet the family home on it. Use some common sense in this as out of place as that may seem to be.

Now, in these next experiments you may think that any sense has flown to the four winds and Uncle Chuckie has totally lost it but here we go.

You now know how to contact the living and the dead. Now you get to learn how to contact those who may not even be HUMAN! Aren't you the lucky one? So, if you do any work along these lines, please please please consider it to be in the nature of a fun experiment and not go hog wild over any information you receive. Take any contact with much salt and if you decide to form a new religion make sure it is a profitable one.

There is a long standing tradition that humans are not the only life forms inhabiting the unseen realms; that among the various creatures to be found there are gods, devils, angels and assorted nature spirits that may disguise themselves as gods, devils and angels. There is also the long standing tradition that these beings like to play pranks on long suffering humans, particularly those who run

into them without knowing the proper etiquette and as no one knows the proper etiquette... . So take the usual precautions before encountering these things, avoiding drink and drugs and keep a tight hand on the helmet plug in case you need to pull it.

These cautions understood, you must realize that you are flying blind as it were. There are no witness samples for these beings. And as there are no witness samples to lock in on your technique will be a bit different. You will tune your box and helmet much as you would tune a radio in a strange city. Plug the helmet in the box with all the dials set to maximum. That will allow whatever comes through the box to be unfiltered. Set all three of the box dials to 0 and relax. Close your eyes and think of England (sorry, couldn't resist it). Think about what you want to contact and then start turning. As you get near to contact you will stop turning the dials and you should have a sort of visual image in your head of what you have encountered.

Now, if these instructions seem a bit sketchy, there is no way to make them more concrete. It is all trial and error. You learn this stuff through trial and error.

Once you have made your contact it is easier for you to communicate using the pendulum and chart. You can open your eyes because the machines will maintain the contact for you.

There is one risk you should be aware of. Part of the traditional prankishness of these beings is a certain perverse joy in taking control of the lives of those who contact them and are weak enough to let that happen. Not that you are likely to spin your head around and spit pea soup at people but there is a slight risk of unpleasant and dangerous side effects from such contact.

The best way to avoid such difficulties is to always remember that YOU are the one in control. As long as you keep that fact firmly in mind you should have little trouble. Likewise it is not a good idea to follow any specific instructions given by such contacts. I'm certain that you would not be so foolish as to pay any attention if one of them should tell you to murder your Aunt Myrtle. After all, who would you have to experiment on? But even the most benign of instructions must be given a good deal of serious thought before being acted upon. As in dealing with the dead, don't bet the family farm.

The same instructions apply if contacting, God forgive me, extraterrestrials. I wish I did not have to bring this subject up but there is so much damned idiocy floating around that I, knowing that some of my readers will not be able to resist trying, have to say something on the matter.

In this the greatest danger is that of an over-active imagination. The experimenter may wish to make contact with such fervor that he is unable to avoid letting that desire determine his results. In effect, he is contacting his own

subconscious and will hear exactly what he intends to. Sometime this is harmless silliness. Other times the person goes out and buys a purple robe and convinces brainless movie stars that the science-fiction voice is that of an “enlightened” being from another world.

Assuming that you are able to avoid the pitfalls of this, you will find the experiment to be fascinating. Just be sure to keep your skeptic hat firmly on your head and never forget that there is a world of difference between having an open mind and an empty head.

THE END OF IT ALL

Congratulations again. You've survive to the final chapter. Now you are going to learn how to put everything together and use it at the same time.

Ready?

Here we go!

First, we need a hypothetical situation. Let's take something common, like job hunting.

In order to get the job you want, you must first find a place that wants your skills. We will assume that you already know what those skills are but not only must the company want them, it must also want you.

Back to finding the place to work for. You have searched the want ads daily and diligently, and, despite your best efforts, you have found no one advertising for the type of work you do best. Now is the time to start making thoughtforms. Create your first thoughtform as you learned so long ago and send it forth with the instructions to create a number of openings in your field. That is all you want this thoughtform to do.

While you are waiting for that thoughtform to work, begin working on yourself. Use money attracting techniques, such as visualizing your etheric field as a money magnet and begin to condition that field to attract people to you, to make them like you. This is very important. Continue to work on yourself and send forth thoughtforms about openings until a job appears.

When you see the ad for the job you want, ask the pendulum if this is right for you. The pendulum will probably say yes because of your emotional involvement with the answer, but that is all right at this point because you need confidence. And if it is really wrong for you, you may get some warning.

Now it is time to bring up the machine. Let's assume that the advertisement has a phone number to call for an interview appointment. You will call the number and make the appointment for several days hence. There is usually a short waiting time for any job worth having, only burger flippers are hired right off the street, so use that time to your advantage.

Immediately after you make the appointment get a witness sample of the place you are going to be interviewed at. All you need is a photograph of the outside of the building. Time is important, so try to use a digital camera. Return home immediately and print up the picture, put it in the machine, and get a contact rate for the building.

Ideally you should have the name of the person you are appointed to meet with. Write that name on a small piece of paper and put it in the box. Don't worry about spelling, all you need is the focus point.

Once you have the picture and name in the box, tune the box to the contact rate and hook up your helmet. Take the rate on the helmet.

With the helmet on, visualize the office building where you will be interviewed. Try to get as clear an image as possible but don't worry if it fades in and out. They usually do. It is sufficient to know that your mind is linked to the environment of the office.

Now, once you have placed your psychic body into the office, create another thoughtform. You create this thoughtform with the programming to cause anyone who comes into contact with it to like you lots and lots and that no one will be able to resist your scintillating and dynamic personality.

This should be enough to help just about anyone, but we are not through!

Remove the picture of the building and take the rate for the person doing the interview. Use the pendulum to find out when he is going to be sleeping and then send him a happy, smiling picture of yourself. Now, using a heavy magic marker, write the word "HIRE" on a piece of paper and send that word to him. Follow that with another dose of your picture.

If you perform all of these activities with some degree of energy, you should merely have to walk into that office to get the job. It is a rare individual indeed who can resist the power of this type of bombardment.

The important thing to remember when you combine your techniques and equipment is that you should know what you want and be willing to do what you need to in order to get it. Remember, power exists to be used, without hesitation and without remorse.

And there you have it. When I started writing this stuff 20 years ago I had no idea where it would go and what would happen with it. After all, there was no internet to speak of, computers were just coming into the home and the world was a much different place indeed. I had no idea that psionics would spread the way it has nor did I expect my own life to take the turns it has. That so many of these words have held up amazes me and yet I am also amazed at how much material had to be removed because it was just hopelessly dated. Things have moved rapidly in areas I never expected them to. I certainly never thought that a radionics program in your computer would work as well as a box, yet the Cybershaman program does just that.

As for my own work, well, before the first edition of this book came out, I had no idea how psionics could scare people half to death and how much fun it would be to scare them. I've gone from a stodgy, pompous young man to a nasty, middle-aged prankster and it is a hell of a lot more fun. While I was writing this book years ago I learned not to take the material too damned seriously, to have fun with it. And since then I've learned not to take myself very seriously either.

So deal with psionics like everything else in life. Have fun with it, enjoy it, but don't take it too seriously. Use it as a tool for living but don't make a religion of it. We have enough of those things in the world as it is.